



Operational Rations of the Department of Defense

NATICK PAM 30-25,
5th Edition
April 2002

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Proponents of this pamphlet are the DoD Combat Rations Program [AMSSB-RCF(N)] and the Defense Supply Center Philadelphia, Directorate of Subsistence (DSCP-HR).

This pamphlet is posted at the SBCCOM website address given on the back cover. For the most current ration updates prior to publication of an updated Pamphlet, please consult the website. General comments and suggested improvements from readers are most welcome. Please send them to the Combat Rations Feeding Program at the address on the back cover.

Customers interested in ordering rations described in this Pamphlet should contact Defense Supply Center Philadelphia, DSCP-HR, at the address and phone number given on the back cover or their website. The website provides National Stock Numbers for all operational rations in this pamphlet as well as names and telephone numbers of POCs.

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DEFENSE SUPPLY CENTER PHILADELPHIA

Modern operational requirements demand state-of-the-art combat rations to provide the nutritional needs of the war fighter in extremely intense and highly mobile combat situations and other contingency operations. Under the auspices of the Department of Defense, the U.S. Army Soldier and Biological Chemical Command's DoD Combat Feeding Program and the Defense Supply Center Philadelphia's Directorate of Subsistence, Operational Rations Business Unit, are collaborating to employ a total life cycle approach in developing, testing, evaluating, procuring, fielding and supporting all military rations. These rations provide an essential contribution to the overall quality of life of the individual combatant.

The DoD Combat Feeding Program at Natick, Massachusetts is responsible for research, development, engineering, integration, field testing with warfighters and technical support for the full range of combat rations. The Program is based on a strong partnership with the commercial sector, other government agencies and the Office of the Surgeon General. New combat ration menus and components are introduced each year as a direct result of warfighter input. The Operational Rations Business Unit is responsible for developing and implementing a master strategy for the integration of the US food industry into the combat ration program. The Directorate of Subsistence is also responsible for ensuring a logistical infrastructure is in place to supply present and future customers the highest quality combat rations in a timely manner and at an affordable price.

This pamphlet highlights the full range of fielded combat rations, including general-purpose rations, special purpose subsistence and survival rations. Specific information provided for each ration includes: purpose, characteristics, nutritional data and preparation requirements.



Unitized Group Ration (UGR)

Purpose:

The Unitized Group Ration (UGR) is designed to simplify and streamline the process of providing the highest quality meals in the field by integrating Heat & Serve (H&S) and A-Rations with quick-prepared, user friendly, brand name commercial products. The UGR is used to sustain groups of military personnel during worldwide operations that allow organized food service facilities. It is an integral part of the Army Field Feeding System (AFFS).

Characteristics:

The UGR has 7 breakfast and 14 lunch/dinner menus. Two options are available (see comments): an H&S version and an A-version. Each module provides 50 complete meals. The H&S module is unitized into three paperboard cartons, including disposables. Each pallet contains 8 modules or 400 meals. The UGR-H&S is assembled at Government depots and has an expected shelf life of 18 months at 80° F. The UGR-A is a “build to order” with assembly and direct delivery by the vendor with a 15-day order ship time within CONUS and a 45-day order ship time for OCONUS. The UGR-A has a shelf life of at least 3 months (80° F semi-perishable, 0° F perishable) for CONUS, and at least 5 months (80° F semi-perishable, 0° F perishable) for OCONUS.

- **Average Weight/Module:** 113 pounds
- **Cube/Module:** 5 cubic feet

Nutritional Data:

Each meal, including mandatory supplements, provides an average of 1450 kilocalories (14% protein, 32% fat, and 54% carbohydrate). Breakfast supplements include bread, milk and cold cereal; the lunch/dinner supplements include bread and milk.

Preparation Requirements:

Trained food service personnel prepare the food using organized food service facilities.

Comments:

Currently, the UGR-H&S and UGR-A are available for procurement. Replacement of the H&S metal tray can with the polymeric tray container is currently in process. The UGR-A was successfully tested at two sites in FY98 — Ft. Hood, TX and Ft. Stewart, GA. The first rollout of the A version became available to 22 CONUS installations in July 1999. Revisions are customer-driven and continuous under the Fielded Group Ration Improvement Program.

Recent UGR-H&S and UGR-A improvement efforts have included increasing the number of breakfast menus from 5 to 7, and lunch/dinner menus from 10 to 14 in FY01. UGR-A efforts have also included standardization of the paperboard case configuration and size.

In the 2003 and 2004 UGR H&S and A-Ration Menu Tables, new items are indicated by italicized fonts. In the Breakfast Menu tables for UGR-H&S 2003, Western style omelet is deleted; in the Lunch/Dinner Tables, Chicken Chow Mein and Lasagna w/Meat Sauce are deleted. Further modifications will be noted in 2004 UGR H&S menus. UGR-A menus for 2004 are not yet available. Additional changes may be expected in future years as dictated by troop feedback.



Unitized Group Ration (UGR) 2002 Heat & Serve Menus

BREAKFAST

MENU 1	MENU 2	MENU 3	MENU 4	MENU 5	MENU 6	MENU 7
Grape Juice Creamed Ground Beef Scrambled Eggs w/ Bacon & Cheese Hominy Grits Peaches Salsa or Picante Strawberry Jam Cocoa Tea Non-Dairy Creamer	Orange Juice Ham Slices Western Omelet Potatoes in Sauce Coffee Cake w/ Crumb Topping Ketchup Hot Sauce Grape Jelly Capuccino Tea Non-Dairy Creamer	Orange Juice Sausage Links Omelet w/ Sausage & Potatoes Hominy Grits Blueberry Dessert Blueberry Waffles Maple Syrup Salsa or Picante Strawberry Jam Cocoa Tea Non-Dairy Creamer	Grape Juice Creamed Ground Beef Western Omelet Potatoes & Bacon Spice Cake w/ Topping Ketchup Hot Sauce Grape Jelly Capuccino Tea Non-Dairy Creamer	Orange Juice Sausage Links Scrambled Eggs w/ Bacon & Cheese Fruit Cocktail Waffles, Plain Maple Syrup/Ketchup Hot Sauce Strawberry Jam Cocoa Tea Non-Dairy Creamer	Orange Juice Sausage & Gravy Western Omelet Hominy Grits Coffee Cake w/ Crumb Topping Ketchup Hot Sauce Grape Jelly Coffee Cocoa Tea Non-Dairy Creamer	Orange Juice Corned Beef Hash Omelet w/ Sausage & Potatoes Peaches Waffles, Apple Cinnamon Maple Syrup Salsa or Picante Strawberry Jam Coffee Cocoa Tea Non-Dairy Creamer

LUNCH/DINNER

MENU 1	MENU 2	MENU 3	MENU 4	MENU 5	MENU 6	MENU 7
Lasagna Apple Sauce Green Beans Hot Sauce Spiced Cake Peaches Peanut Butter Grape Jelly Lemonade Coffee Non-Dairy Creamer	Turkey Slices w/ Gravy Sweet Potatoes Stuffing & Cranberry Sauce Mixed Vegetables Hot Sauce Yellow Cake Blueberry Dessert Peanut Butter Strawberry Jam Ice Tea Coffee Non-Dairy Creamer	BBQ Boneless Pork Ribs Red Beans & Rice Corn Hot Sauce Devil's Fudge Cake Apple Dessert Peanut Butter Grape Jelly Orange Drink Coffee Non-Dairy Creamer	Hamburger Patties w/ Buns Baked Beans Mustard, Relish & Ketchup Hot Sauce Vanilla Pudding Peaches Peanut Butter Strawberry Jam Lemonade Coffee Non-Dairy Creamer	Chicken Chow Mein Oriental Rice Soy Sauce Peas & Carrots Hot Sauce Walnut Tea Cake Pears Peanut Butter Grape Jelly Grape Drink Coffee Non-Dairy Creamer	Spaghetti w/ Meatballs Green Beans Hot Sauce Butterscotch Pudding Peaches Peanut Butter Strawberry Jam Pink Lemonade Coffee Non-Dairy Creamer	Beef & Green Peppers White Rice Soy Sauce Corn Hot Sauce Devil's Fudge Cake w/ Topping Cherry Dessert Peanut Butter Grape Jelly Ice Tea Coffee Non-Dairy Creamer
MENU 8	MENU 9	MENU 10	MENU 11	MENU 12	MENU 13	MENU 14
Pasta w/ Sausage in Tomato Sauce (9 serv/tray) Mixed Vegetables Hot Sauce Marble Cake w/ Topping Pineapple Chunks Peanut Butter Strawberry Jam Lemonade Coffee Non-Dairy Creamer	Chili Con Carne w/ Beans Corn Hot Sauce Chocolate Pudding Pears Peanut Butter Grape Jelly Orange Drink Coffee Non-Dairy Creamer	Chicken Breast in Gravy Mashed Potatoes Stuffing Peas Hot Sauce Cranberry Sauce Tropical Fruit Salad Peanut Butter Strawberry Jam Cherry Drink Coffee Non-Dairy Creamer	Beef Chunks w/ Noodles Mixed Vegetables Hot Sauce Walnut Tea Cake Apple Dessert Peanut Butter Grape Jelly Pink Lemonade Coffee Non-Dairy Creamer	Teriyaki Chicken White Rice Soy Sauce Corn Hot Sauce Butterscotch Pudding Fruit Cocktail Peanut Butter Strawberry Jam Ice Tea Coffee Non-Dairy Creamer	Beef Stew Green Beans Hot Sauce Marble Cake w/ Topping Peaches Peanut Butter Grape Jelly Lemonade Coffee Non-Dairy Creamer	Meatballs w/Gravy Peas & Carrots Hot Sauce Devil's Fudge Cake w/ Topping Pears Peanut Butter Strawberry Jam Orange Drink Coffee Non-Dairy Creamer

Breakfast Menus Mandatory Supplements per individual that are NOT included:
2 slices of Bread, 2 (8 oz.) Milk and 1 Box Cold Cereal

Lunch/Dinner Menus Mandatory Supplements per individual that are NOT included:
2 slices of Bread and 8 oz. Milk

Optional Enhancements that are NOT included:
Fresh Fruits and Salad

Unitized Group Ration (UGR) 2003 Heat & Serve Menus

BREAKFAST

MENU 1	MENU 2	MENU 3	MENU 4	MENU 5	MENU 6	MENU 7
Grape Juice	Orange Juice	Orange Juice	Grape Juice	Orange Juice	Grape Juice	Orange Juice
Creamed Ground Beef	Ham Slices in Brine	Sausage Links in Brine	Pork Sausage & Gravy	Sausage Links in Brine	Pork Sausage & Gravy	Corned Beef Hash
Scrambled Eggs w/ Bacon & Cheese	Scrambled Eggs w/ Beef & Potatoes	Omelet w/ Sausage & Potatoes	Scrambled Eggs w/ Turkey Sausage & Potatoes*	Scrambled Eggs w/ Bacon & Cheese	Scrambled Eggs w/ Beef & Potatoes*	Scrambled Eggs w/ Turkey Sausage & Potatoes*
Potatoes w/ Bacon	Pears	Hominy Grits	Peaches	Potatoes w/ Bacon	Blueberry Dessert	Apple Dessert
	Coffee Cake w/ Crumb Topping	Blueberry Dessert	Cinnamon Swirls	Fruit Cocktail		Waffles, Apple Cinnamon
Pancakes, Plain Maple Syrup		Blueberry Waffles Maple Syrup		Waffles, Plain Maple Syrup	Pancakes, Blueberry Maple Syrup	Maple Syrup
Salsa or Picante Strawberry Jam	Ketchup	Salsa or Picante Strawberry Jam	Ketchup	Ketchup	Ketchup	Salsa or Picante Strawberry Jam
	Hot Sauce		Hot Sauce	Hot Sauce	Hot Sauce	Coffee
	Grape Jelly		Grape Jelly		Grape Jelly	Cocoa
Cocoa	Capuccino	Cocoa	Capuccino	Cocoa	Capuccino	Tea
Tea	Tea	Tea	Tea	Tea	Tea	Non-Dairy Creamer
Non-Dairy Creamer	Non-Dairy Creamer	Non-Dairy Creamer	Non-Dairy Creamer	Non-Dairy Creamer	Non-Dairy Creamer	

LUNCH/DINNER

MENU 1	MENU 2	MENU 3	MENU 4	MENU 5	MENU 6	MENU 7
Lasagna w/ Vegetables*	Turkey Slices w/ Gravy	Pork Tamales*	Hamburger Patties w/ Hamburger Buns	Country Captain Chicken*	Spaghetti w/ Meatballs	Beef & Green Peppers
Apple Sauce	Sweet Potatoes Stuffing, Stove Top	Red Beans & Rice	Baked Beans Mustard, Relish & Ketchup	White Rice		White Rice
Green Beans	Cranberry Sauce	Corn	Hot Sauce	Peas & Carrots	Green Beans	Corn
Hot Sauce	Mixed Vegetables	Hot Sauce	Vanilla Pudding	Hot Sauce	Hot Sauce	Hot Sauce
Spiced Cake	Chocolate Brownies w/M&Ms®	Chocolate Chip Cookies		Devil's Fudge Cake	Butterscotch Pudding	Chocoalte Waffles
Peanut Butter	Blueberry Dessert	Apple Dessert	Fruit Cocktail	Pears	Peaches	Cherry Dessert
Grape Jelly	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter
Lemonade	Strawberry Jam	Grape Jelly	Strawberry Jam	Grape Jelly	Strawberry Jam	Grape Jelly
Coffee	Ice Tea	Orange Drink	Lemonade	Grape Drink	Pink Lemonade	Ice Tea
Non-Dairy Creamer	Coffee	Coffee	Coffee	Coffee	Coffee	Coffee
	Non-Dairy Creamer	Non-Dairy Creamer	Non-Dairy Creamer	Non-Dairy Creamer	Non-Dairy Creamer	Non-Dairy Creamer
MENU 8	MENU 9	MENU 10	MENU 11	MENU 12	MENU 13	MENU 14
BBQ Boneless Pork Ribs	Chili Con Carne w/ Beans	Chicken Breast in Gravy	Beef Chunks w/ Noodles	Teriyaki Chicken	Beef Stew	Meatballs w/Gravy
Red Beans & Rice	White Rice	Mashed Potatoes Stuffing, Stove Top		White Rice		Red Beans & Rice
Mixed Vegetables	Corn	Cranberry Sauce	Mixed Vegetables	Soy Sauce	Green Beans	Peas & Carrots
Hot Sauce	Hot Sauce	Peas	Hot Sauce	Corn	Hot Sauce	Hot Sauce
Marble Cake	Chocolate Pudding	Hot Sauce	Walnut Tea Cake	Butterscotch Pudding	Chocolate Brownies w/M&Ms®	Devil's Fudge Cake
Blueberry Dessert	Pears	Peanut Butter/ Chocolate Chip Cookies	Tropical Fruit Salad	Pineapple Chunks	Peaches	Pears
Peanut Butter	Peanut Butter	Peaches	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter
Strawberry Jam	Grape Jelly	Peanut Butter	Grape Jelly	Strawberry Jam	Grape Jelly	Strawberry Jam
Lemonade	Orange Drink	Strawberry Jam	Pink Lemonade	Ice Tea	Lemonade	Orange Drink
Coffee	Coffee	Cherry Drink	Coffee	Coffee	Coffee	Coffee
Non-Dairy Creamer	Non-Dairy Creamer	Coffee	Non-Dairy Creamer	Non-Dairy Creamer	Non-Dairy Creamer	Non-Dairy Creamer

* = New Items

Breakfast Menus:

Supplement with 2 slices of Bread, 2 (8 oz.) Milk and 1 Box Cold Cereal per Individual

Lunch/Dinner Menus:

Supplement with 2 slices of Bread and 8 oz. Milk

Enhancements included Fresh Fruits and Salad When Possible

Unitized Group Ration (UGR) 2004 Heat & Serve Menus

BREAKFAST

MENU 1	MENU 2	MENU 3	MENU 4	MENU 5	MENU 6	MENU 7
Grape Juice Turkey Sausage in Brine*	Orange Juice Creamed Ground Beef	Orange Juice Sausage Links in Brine	Grape Juice Pork Sausage & Gravy	Orange Juice Sausage Links in Brine	Grape Juice Pork Sausage & Gravy	Orange Juice Corned Beef Hash
Potatoes w/ Bacon Scrambled Eggs w/ Bacon & Cheese	Omelet w/ Ham & Potatoes*	Hominy Grits Omelet w/ Sausage & Potatoes	Scrambled Eggs w/ Turkey Sausage & Potatoes	Potatoes w/ Bacon Scrambled Eggs w/ Bacon & Cheese	Scrambled Eggs w/ Beef & Potatoes	Scrambled Eggs w/ Turkey Sausage & Potatoes
Pancakes, Apple-Cinnamon* Maple Syrup	Banana Nut Loaf* Pears	Blueberry Dessert Blueberry Waffles	Peaches Raspberry Swirls*	Waffles, Plain	Blueberry Dessert Blueberry Scones*	Apple Dessert Waffles, Apple-Cinnamon Maple Syrup
Salsa or Picante Strawberry Jam Cocoa	Ketchup Hot Sauce Grape Jelly Capuccino, French Vanilla*	Maple Syrup Salsa or Picante Strawberry Jam Cocoa	Ketchup Hot Sauce Grape Jelly Capuccino, Irish Cream*	Maple Syrup Ketchup Hot Sauce Cocoa	Maple Syrup Ketchup Hot Sauce Grape Jelly Capuccino, French Vanilla*	Salsa or Picante Strawberry Jam Cocoa
Tea Non-Dairy Creamer	Tea Non-Dairy Creamer	Tea Non-Dairy Creamer	Tea Non-Dairy Creamer	Tea Non-Dairy Creamer	Coffee Non-Dairy Creamer	Coffee Non-Dairy Creamer

LUNCH/DINNER

MENU 1	MENU 2	MENU 3	MENU 4	MENU 5	MENU 6	MENU 7
Lasagna w/ Vegetables	Turkey Slice w/ Gravy	Pork Tamales	Hamburger Patty w/ Hamburger Buns	Country Captain Chicken	Spaghetti w/ Meatballs	Beef & Green Peppers
	Mashed Potatoes w/ Poultry Gravy*	Red Beans & Rice	Baked Beans	White Rice		White Rice
	Stuffing, Stove Top Cranberry Sauce		Jalapeno Cheese Spread*			
Green Beans Spice Cake	Mixed Vegetables	Corn	Mustard, Relish, Ketchup	Peas & Carrots	Green Beans	Corn
Apple Sauce	Chocolate Brownie w/ M&Ms®	P'nut Butter Chocolate Chip Cookies	Vanilla Pudding	Devil's Fudge Cake	Butterscotch Pudding	Chocolate Chip Cookies*
Lemonade	Peaches	Apple Dessert	Fruit Cocktail	Pears	Peaches	Cherry Dessert
Hot Sauce	Ice Tea	Orange Drink	Lemonade	Grape Drink	Pink Lemonade	Ice Tea
Peanut Butter	Hot Sauce	Hot Sauce	Hot Sauce	Hot Sauce	Hot Sauce	Hot Sauce
Grape Jelly	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter
Coffee	Strawberry Jam	Grape Jelly	Strawberry Jam	Grape Jelly	Strawberry Jam	Grape Jelly
Non-Dairy Creamer	Coffee	Coffee	Coffee	Coffee	Coffee	Coffee
	Non-Dairy Creamer	Non-Dairy Creamer	Non-Dairy Creamer	Non-Dairy Creamer	Non-Dairy Creamer	Non-Dairy Creamer
MENU 8	MENU 9	MENU 10	MENU 11	MENU 12	MENU 13	MENU 14
Pasta w/ Sausage in Tomato Sauce	Veal Parmesan* Baked Ziti*	Chicken Breast in Gravy	Beef Chunks w/ Noodles	Chicken & Dumplings*	Beef Stew	Meatballs/Gravy
		Stuffing*				Red Beans & Rice
Mixed Vegetables	Corn	Mashed Potatoes	Mixed Vegetables	Corn	Green Beans	Peas & Carrots
Marble Cake	Rice Pudding	Cranberry Sauce	Walnut Tea Cake	Butterscotch Pudding	Raspberry Swirls*	Tapioca Pudding*
Blueberry Dessert	Pears	Peas	Tropical Fruit Salad	Pineapple Chunks	Peaches	Pears
Lemonade	Orange Drink	Butterscotch Chip Cookies*	Pink Lemonade	Ice Tea	Lemonade	Orange Drink
Hot Sauce	Hot Sauce	Peaches	Hot Sauce	Hot Sauce	Hot Sauce	Hot Sauce
Peanut Butter	Peanut Butter	Cherry Drink	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter
Strawberry Jam	Grape Jelly	Hot Sauce	Grape Jelly	Strawberry Jam	Grape Jelly	Strawberry Jam
Coffee	Coffee	Peanut Butter	Coffee	Coffee	Coffee	Coffee
Non-Dairy Creamer	Non-Dairy Creamer	Strawberry Jam	Non-Dairy Creamer	Non-Dairy Creamer	Non-Dairy Creamer	Non-Dairy Creamer
		Coffee				
		Non-Dairy Creamer				

* = New Items

Breakfast Menus:

Supplement with 2 slices of Bread, 2 (8 oz.) Milk and 1 Box Cold Cereal per Individual

Lunch/Dinner Menus:

Supplement with 2 slices of Bread and 8 oz. Milk
Enhancements included Fresh Fruits and Salad When Possible

Unitized Group Ration (UGR) 2002 A-Ration Menus

BREAKFAST

MENU 1 Grape Juice Hominy Grits Eggs Hash Browns Bacon Cinnamon Rolls Ketchup Margarine Strawberry Jam Hot Sauce Coffee Cocoa Non-Dairy Creamer Pepper Salt Minced Onions Vegetable Oil	MENU 2 Orange Juice Eggs Hash Browns Brown & Serve Pork Sausage Links Cranberry Breakfast Squares Ketchup Margarine Grape Jelly Hot Sauce Coffee Cocoa Non-Dairy Creamer Pepper Salt Minced Onions Vegetable Oil	MENU 3 Cran-Orange Juice Hominy Grits Eggs Bagel/Filled Bacon Ketchup Margarine Strawberry Jam Hot Sauce Coffee Cocoa Non-Dairy Creamer Pepper Salt Vegetable Oil	MENU 4 Grape Juice Eggs Hash Browns Creamed Ground Beef Biscuits Ketchup Margarine Grape Jelly Hot Sauce Coffee Cocoa Non-Dairy Creamer Pepper Salt Minced Onions Vegetable Oil	MENU 5 Orange Juice Oatmeal Eggs Waffles, Plain Pork Sausage Patties Maple Syrup Ketchup Margarine Strawberry Jam Hot Sauce Coffee Cocoa Non-Dairy Creamer Pepper Salt Cinnamon Maple Sprinkles Vegetable Oil	MENU 6 Grape Juice Grits Eggs Texas French Toast Sausage Patties (Turkey) Maple Syrup Ketchup Margarine Grape Jelly Hot Sauce Coffee Cocoa Non-Dairy Creamer Pepper Salt Cinnamon Maple Sprinkles Vegetable Oil	MENU 7 Cran-Orange Juice Hash Browns Eggs Peach Breakfast Squares Breakfast Steak Steak Seasoning Ketchup Margarine Strawberry Jam Steak Sauce Coffee Cocoa Non-Dairy Creamer Pepper Salt Minced Onions Vegetable Oil
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LUNCH/ DINNER

MENU 1 Creole Macaroni Green Beans Apple Sauce Spiced Cake Hot Sauce Margarine Peanut Butter Grape Jelly Lemonade Coffee Non-Dairy Creamer Cinnamon Maple Sprinkles Cajun Seasoning Vegetable Seasoning Pepper Salt	MENU 2 Turkey Slice w/ Gravy Stuffing, Stove Top Sweet Potatoes Mixed Vegetables Cranberry Sauce Fruit Cocktail Chocolate Chip Cookie Hot Sauce Margarine Peanut Butter Strawberry Jam Ice Tea Coffee Non-Dairy Creamer Cinnamon Maple Sprinkles Poultry Seasoning Vegetable Seasoning Pepper Salt	MENU 3 BBQ Boneless Pork Ribs Macaroni & Cheese Corn Apple Dessert Devil's Fudge Cake Hot Sauce Margarine Peanut Butter Grape Jelly Orange Drink Coffee Non-Dairy Creamer Cinnamon Maple Sprinkles Vegetable Seasoning Pepper Salt	MENU 4 Hamburger Patty Mustard, Relish & Ketchup Salad Dressing Baked Beans Potato Salad Peaches Vanilla Pudding Hot Sauce Margarine Lemonade Coffee Non-Dairy Creamer Minced Onions Barbecue Spice Steak Seasoning Vegetable Seasoning Pepper Salt	MENU 5 Teriyaki Chicken White Rice Soy Sauce Peas & Carrots Pears Banana Nut Loaf Hot Sauce Margarine Peanut Butter Grape Jelly Grape Drink Coffee Non-Dairy Creamer Vegetable Seasoning Pepper Salt	MENU 6 Spaghetti w/ Meatballs Green Beans Parmesan Cheese Peaches Butterscotch Pudding Hot Sauce Margarine Peanut Butter Strawberry Jam Pink Lemonade Coffee Non-Dairy Creamer Italian Seasoning Vegetable Seasoning Pepper Salt	MENU 7 Grilled Steak Mashed Potatoes Gravy Corn Tropical Fruit Salad Chocolate Cake Hot Sauce Margarine Peanut Butter Grape Jelly Ice Tea Coffee Non-Dairy Creamer Vegetable Oil Steak Seasoning Vegetable Seasoning Pepper Salt
MENU 8 Pork Loin, Sliced Au Gratin Potatoes Peas & Carrots Pork Gravy Apple Dessert Oatmeal Cookies Hot Sauce Peanut Butter Strawberry Jam Margarine Lemonade Coffee Non-Dairy Creamer Cinnamon Maple Sprinkles Paprika Vegetable Seasoning All Purpose Seasoning Pepper Salt	MENU 9 Chili White Rice Corn Pears Lemon Poppyseed Cake Hot Sauce Peanut Butter Grape Jelly Margarine Orange Drink Coffee Non-Dairy Creamer Vegetable Seasoning Chili Powder Pepper Salt	MENU 10 Chicken Breast Rice Pilaf Peas Chicken Gravy Tropical Fruit Salad P'nut Butter Chocolate Chip Cookies Hot Sauce Peanut Butter Strawberry Jam Margarine Cherry Drink Coffee Non-Dairy Creamer Cranberry Sauce Poultry Seasoning Vegetable Seasoning All Purpose Seasoning Pepper Salt	MENU 11 BBQ Beef Scalloped Potatoes Mixed Vegetables Pears Coffee Cake, Crumb Hot Sauce Peanut Butter Grape Jelly Margarine Pink Lemonade Coffee Non-Dairy Creamer Paprika Vegetable Seasoning Pepper Salt	MENU 12 Fried Chicken Mashed Potatoes Corn Chicken Gravy Fruit Salad Chocolate Chip Cookies Hot Sauce Peanut Butter Strawberry Jam Margarine Ice Tea Coffee Non-Dairy Creamer Vegetable Seasoning Pepper Salt	MENU 13 Roast Beef, Sliced Mashed Potatoes Green Beans Beef Gravy Peaches Chocolate Brownie Hot Sauce Peanut Butter Grape Jelly Margarine Lemonade Coffee Non-Dairy Creamer Vegetable Seasoning All Purpose Seasoning Pepper Salt	MENU 14 Pork Chops Macaroni & Cheese Mixed Vegetables Pork Gravy Pineapple Chunks Shortbread Cookies Hot Sauce Peanut Butter Strawberry Jam Margarine Orange Drink Coffee Non-Dairy Creamer Garlic Paprika Vegetable Seasoning Pepper Salt

Breakfast Mandatory Supplements per individual that are NOT included:
 2 slices of Bread, 2 (8oz.) Milk, and 1 Box Cold Cereal.

Lunch/Dinner Mandatory Supplements per individual that are NOT included:
 2 slices of Bread (except Menu 4 and 11, which requires 2 Hamburger Buns in lieu of 2 Slices of Bread) and 8 oz. Milk.
 Optional Enhancements that are NOT included - Fresh Fruits and Salad.

Unitized Group Ration (UGR) 2003 A-Ration Menus

BREAKFAST

MENU 1 Grape Juice Creamed Ground Sausage* Eggs Hominy Grits Hash Browns Raspberry Swirls* Margarine Ketchup Hot Sauce Strawberry Jam/Jelly Coffee, Filter Bag Cocoa Non-Dairy Creamer Vegetable Oil Minced Onions Salt Pepper	MENU 2 Orange Juice Brown & Serve Pork Sausage Links Eggs Hash Browns Blueberry Scones* Margarine Ketchup Hot Sauce Strawberry Jam/Jelly Coffee, Filter Bag Capuccino, French Vanilla* Non-Dairy Creamer Vegetable Oil Minced Onions Salt Pepper	MENU 3 Cran-Orange Juice Bacon Eggs Hominy Grits Bagels, Filled Margarine Ketchup Hot Sauce Strawberry Jam/Jelly Coffee, Filter Bag Cocoa Non-Dairy Creamer Vegetable Oil Minced Onions Salt Pepper	MENU 4 Grape Juice Creamed Ground Beef Eggs Hash Browns Blueberry Waffles* Margarine Ketchup Hot Sauce Grape Jelly Coffee, Filter Bag Capuccino, Irish Cream* Non-Dairy Creamer Vegetable Oil Minced Onions Salt Pepper	MENU 5 Orange Juice Pork Sausage Patties Eggs Oatmeal Cinnamon Scones* Margarine Ketchup Hot Sauce Strawberry Jam/Jelly Coffee, Filter Bag Cocoa Non-Dairy Creamer Vegetable Oil Cinnamon Maple Sprinkles Salt Pepper	MENU 6 Grape Juice Sausage Links (Turkey)* Eggs Grits Texas French Toast Margarine Ketchup Hot Sauce Strawberry Jam/Jelly Coffee, Filter Bag Capuccino, French Vanilla* Non-Dairy Creamer Vegetable Oil Cinnamon Maple Sprinkles Salt Pepper	MENU 7 Cran-Orange Juice Breakfast Steak Eggs Hash Browns Pancakes* Margarine Ketchup A1 Sauce, PCs Strawberry Jam Coffee, Filter Bag Cocoa Non-Dairy Creamer Vegetable Oil Steak Seasoning Minced Onions Salt Pepper
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LUNCH/ DINNER

MENU 1 Chicken Parmesan Ziti* Green Beans Spiced Cake Apple Sauce Lemonade Margarine Hot Sauce Peanut Butter Grape Jelly Coffee, Filter Bag Non-Dairy Creamer Vegetable Seasoning Cinnamon Maple Sprinkles Salt Pepper	MENU 2 Turkey Slice/Gravy Sweet Potatoes Stuffing, Stove Top Cranberry Sauce Mixed Vegetables Chocolate Chip Cookie Fruit Cocktail Ice Tea Margarine Hot Sauce Peanut Butter Strawberry Jam Coffee, Filter Bag Non-Dairy Creamer Poultry Seasoning Vegetable Seasoning Cinnamon Maple Sprinkles Salt Pepper	MENU 3 BBQ Boneless Pork Rib Meat Macaroni & Cheese Corn Devil's Fudge Cake Apple Dessert Orange Drink Margarine Hot Sauce Peanut Butter Grape Jelly Coffee, Filter Bag Non-Dairy Creamer Italian Seasoning Vegetable Seasoning Cinnamon Maple Sprinkles Salt Pepper	MENU 4 Hamburger Patty Scalloped Potatoes* Mustard, Relish, Salad Dressing & Ketchup Baked Beans Vanilla Pudding Peaches Lemonade Margarine Hot Sauce Peanut Butter Grape Jelly Coffee, Filter Bag Non-Dairy Creamer Steak Seasoning Barbecue Sauce Minced Onions Vegetable Oil Salt Pepper	MENU 5 Teriyaki Chicken White Rice Soy Sauce Peas & Carrots Banana Nut Loaf Pears Grape Drink Margarine Hot Sauce Peanut Butter Grape Jelly Coffee, Filter Bag Non-Dairy Creamer Vegetable Seasoning Salt Pepper	MENU 6 Spaghetti with Meatballs* Parmesan Cheese Green Beans Butterscotch Pudding Peaches Pink Lemonade Margarine Hot Sauce Peanut Butter Strawberry Jam Coffee, Filter Bag Non-Dairy Creamer Italian Seasoning Vegetable Seasoning Salt Pepper	MENU 7 Corn Grilled Steak Mashed Potatoes Gravy Chocolate Cake Tropical Fruit Salad Ice Tea Margarine Steak Sauce Peanut Butter Grape Jelly Coffee, Filter Bag Non-Dairy Creamer Steak Seasoning Vegetable Seasoning Vegetable Oil Salt Pepper
MENU 8 Pork Loin, Sliced Au Gratin Potatoes Pork Gravy Peas & Carrots Oatmeal Cookies Apple Dessert Lemonade Margarine Hot Sauce Peanut Butter Strawberry Jam Coffee, Filter Bag Non-Dairy Creamer All-Purpose Seasoning Paprika Vegetable Seasoning Cinnamon Maple Sprinkles Salt Pepper	MENU 9 Chicken Fajitas* Tortillas* Mexican Rice* Corn Vanilla Pudding Pears Orange Drink Margarine Hot Sauce Peanut Butter Grape Jelly Coffee, Filter Bag Non-Dairy Creamer Fajita Seasoning Vegetable Seasoning Salt Pepper	MENU 10 Chicken Breast Rice Pilaf Chicken Gravy Cranberry Sauce Peas PB Chocolate Chip Cookies Fruit Cocktail Cherry Drink Margarine Hot Sauce Peanut Butter Strawberry Jam Coffee, Filter Bag Non-Dairy Creamer All-Purpose Seasoning Poultry Seasoning Vegetable Seasoning Salt Pepper	MENU 11 BBQ Beef Scalloped Potatoes Mixed Vegetables Spice Cake with Cinnamon Crumb Topping* Pears Pink Lemonade Margarine Hot Sauce Peanut Butter Grape Jelly Coffee, Filter Bag Non-Dairy Creamer Paprika Vegetable Seasoning Salt Pepper	MENU 12 Fried Chicken Mashed Potatoes Chicken Gravy Corn Chocolate Chip Cookie Fruit Cocktail Ice Tea Margarine Hot Sauce Peanut Butter Strawberry Jam Coffee, Filter Bag Non-Dairy Creamer Vegetable Seasoning Salt Pepper	MENU 13 Roast Beef, Sliced Mashed Potatoes Beef Gravy Green Beans Chocolate Brownie Peaches Lemonade Margarine Hot Sauce Peanut Butter Grape Jelly Coffee, Filter Bag Non-Dairy Creamer All-Purpose Seasoning Vegetable Seasoning Salt Pepper	MENU 14 Pork Chops Macaroni & Cheese Pork Gravy Mixed Vegetables Shortbread Cookies Pineapple Chunks Orange Drink Margarine Hot Sauce Peanut Butter Strawberry Jam Coffee, Filter Bag Non-Dairy Creamer Garlic Paprika Vegetable Seasoning Salt Pepper

* = New Items

Lunch/Dinner Mandatory Supplements per individual that are NOT included:
 2 slices of Bread (except Menu 4 and 11, which requires 2 Hamburger Buns
 in lieu of 2 Slices of Bread) and 8 oz. Milk.
 Optional Enhancements that are NOT included - Fresh Fruits and Salad.

Breakfast Mandatory Supplements per individual that are NOT included:
 2 slices of Bread, 2 (8 oz.) Milk, and 1 Box Cold Cereal.

Arctic Supplement to the UGR

Purpose:

The Arctic Supplement, when used in combination with the Unitized Group Ration (UGR) provides additional beverage and snack kilocalories for the war fighter in a cold environment. The Arctic Supplement is designed to simplify and streamline the ordering process for these items. The Supplement is only to be used to augment the UGR-H&S.

Characteristics:

The Arctic Supplement assembly consists of soups, warming beverages, snacks, clamshell Styrofoam trays and hot cups with lids covers. Each module promotes the increased consumption of fluids and kilocalories required in cold environments. Each module is unitized into three shipping cartons; six shipping cartons fit on one tier of a standard pallet. There are four tiers per pallet (eight modules per pallet). The shelf life is 18 months at 80° F (27° C).

- **Average Weight/Module:** 60 pounds
- **Cube/Module:** 5 cubic feet

Nutritional Data:

The Arctic Supplement provides an additional 914 Kilocalories (7% Protein, 63% Carbohydrates and 30% Fat).

Preparation Requirements:

Food service personnel prepare the Arctic Supplement for serving.



Purpose:

The Unitized B Ration is used primarily by the United States Marine Corps to sustain forces during operations that allow organized food service facilities. It is also used in situations that do not permit resupply of perishable foods and where refrigeration is not available.

Characteristics:

Approximately 100 semi perishable foods are used in the Unitized B Ration 10-day menu. The ration has 10 breakfast and 10 lunch/dinner menu modules. Each module provides 100 individual servings. The components are mostly canned and dehydrated foods, packaged in bulk metal and nonmetallic containers of various sizes and types. Canned alternatives for dehydrated foods and alternate package sizes are specified in this ration. Overall shelf life for this ration is 24 months at 80° F. Some ration components may be susceptible to damage under extreme environmental conditions, such as freezing, high temperatures, humidity, insects/rodents, puncture or breakage of containers, etc. There are six paper-

board cases per 100 serving module, which includes all foods, seasonings, and disposable items (trays, cups, dining packets and trash bags) necessary for 100 individuals. Delivery is on pallets, either two 100 serving breakfast meals or two 100 serving lunch/dinner meals per pallet. Weight & cube data are as follows:

- **Weight/Module:** 229.1 pounds
- **Cube/Module:** 12.0 cubic feet

Nutritional Data:

The ration provides approximately 4300 kilocalories per day (13% protein, 33% fat, and 54% carbohydrate).

Preparation Requirements:

Trained food service personnel prepare meals. Two to three hours are required for two cooks to prepare a meal for 100 persons; additional personnel are needed for serving and sanitation. An average of 75 gallons of water per day is required to prepare food (excluding bread) and beverages for 100 persons.

Comments:

Menus, recipes and supply data are published in the supply bulletin: SB 10-495 NAVSUP INST 10110.6A MCO P10110.25C for the Army, Navy and Marine Corps. The Air Force provides the information through its automated worldwide menu program. Alternate menu items are listed to meet specific Service needs. Whenever possible, perishable foods, e.g., fresh fruits and salads, should be included with Unitized B Rations. Since the fielding of the Unitized Group Ration (UGR) (see page 4), the Army has chosen to use the Heat and Serve UGR in lieu of the Unitized B Ration.



**100 Man Unitized B Ration
for 100 Persons, One Meal**

Unitized B Ration Menu

BREAKFAST

MENU 1	MENU 2	MENU 3	MENU 4	MENU 5	MENU 6	MENU 7	MENU 8	MENU 9	MENU 10
Apple Juice	Orange Juice	Orange Juice	Orange Juice	Apple Juice	Orange Juice	Orange Juice	Apple Juice	Orange Juice	Orange Juice
Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs Western Style	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs
Hominy Grits		Hominy Grits	Hominy Grits	Hominy Grits		Oatmeal	Hominy Grits	Oatmeal	Hominy Grits
Creamed Ground Beef	Bacon	Bacon	Creamed Ground Beef		Roast Beef Hash	Grilled Luncheon Meat	Bacon	Bacon	Roast Beef Hash
Hash Brown Potatoes	Hash Brown Potatoes	Hash Brown Potatoes	Hash Brown Potatoes	Hash Brown Potatoes	Hash Brown Potatoes	Hash Brown Potatoes	Hash Brown Potatoes	Hash Brown Potatoes	Hash Brown Potatoes
Grapefruit Sections	Peaches	Pears		Fruit Cocktail		Pineapples	Grapefruit Sections	Fruit Cocktail	Pears
Biscuits/Margarine	Biscuits	Biscuits	Biscuits	Biscuits/Margarine	Biscuits	Biscuits/Margarine	Biscuits	Biscuits/Margarine	Biscuits
Peanut Butter/ Grape Jelly		Peanut Butter/ Blackberry Jelly		Peanut Butter/ Grape Jelly		Peanut Butter/ Grape Jelly		Peanut Butter/ Grape Jelly	
		Griddle Cakes				Quick Coffee Cake			
		Maple Syrup							

LUNCH/ DINNER

MENU 1	MENU 2	MENU 3	MENU 4	MENU 5	MENU 6	MENU 7	MENU 8	MENU 9	MENU 10
Beef and Gravy	Creole Chicken	Chili Macaroni	Beef and Gravy w/ Vegetables	Shrimp Creole	Baked Ham w/ Macaroni and Tomatoes	Breaded Pork Chops and Creamed Gravy	Chili Con Carne	Beef Patties Jardinere	Baked Chicken
Mashed Potatoes	Steamed Rice		Mashed Potatoes	Steamed Rice		Mashed Potatoes	Steamed Rice	Mashed Potatoes	Steamed Rice
Peas	Corn	Peas	Corn Relish	Buttered Carrots and Peas	Green Beans	Carrots and Peas	Green Beans	Corn	Green Beans
Biscuits	Biscuits	Cornbread	Biscuits	Biscuits/Margarine	Cornbread/Margarine	Biscuits	Cornbread	Biscuits	Biscuits
Pears	Fruit Cocktail	Fruit Cocktail and Pudding	Peach Crunch	Apple Crisp	Cherry Cobbler	Applesauce	Pears	Applesauce	Peaches
Sugar Cookies	Oatmeal Cookies	Sugar Cookies				Oatmeal Cookies	Chocolate Cookies	Yellow Cake w/ Chocolate Icing	Chocolate Brownies w/ Chocolate Icing
		Vanilla Pudding							
		Peaches and Cottage Cheese Salad					Chicken Noodle Soup w/ Crackers	Pineapple and Cottage Cheese Salad	

Breakfast Menus include Coffee, Cocoa and Beverage Base.

Lunch/Dinner Menus include Coffee, Tea and Beverage Base.

Purpose:

The Meal, Ready-to-Eat is used by the Services to sustain individuals during operations that preclude organized food service facilities, but where resupply is established or planned.

Characteristics:

Each meal contains an entree/starch, crackers, a spread (cheese, peanut butter, jam or jelly), a dessert/snack, beverages, an accessory packet, a plastic spoon and a flameless ration heater (FRH). The flexibly packaged foods are heat processed in retort pouches. Components are lightweight, compact, and easily opened. The shelf life is a minimum of three years at 80° F (27° C) or six months at 100° F (38° C). Through MRE XV of 1995, the ration had 12 meals per shipping container, one of each menu. The number of menus was increased to 16 for MRE XVI (1996), 20 for MRE XVII (1997). From MRE XXVIII (1998) to the present, the number of menus was increased to and remains at 24. The same shipping carton dimensions are used as earlier, with Menus 1-12 packed in Case A and Menus 13-24 packed in Case B. Weight and cube data are:

- **Weight:** 20.6 pounds/case (gross), 1.5 pounds/meal
- **Cube:** 0.88 cubic feet/case, 0.052 cubic feet/meal

Nutritional Data:

Each meal provides an average of 1250 kilocalories (13% protein, 36% fat, and 51% carbohydrate).

When supplemented with pouch bread, an additional 200 kilocalories are provided (12% protein, 33% fat, and 55% carbohydrate). The Office of the Surgeon General (OTSG) approves all menus.

Preparation Requirements:

The individual consumer prepares the food. The water requirement is approximately 23 ounces to rehydrate all beverages. Beginning with the 1993 procurement, the Flameless Ration Heater (FRH) is included in each meal bag.

Comments:

As part of DoD's focus on Quality and Customer Satisfaction, the MRE (components and packaging/packing) undergoes continuous product improvement under the Fielded Individual Ration Improvement Program. The Joint Services Operational Rations Forum (JSORF) Integrated Product Team meets annually to approve all menu changes. JSORF accomplishments include:

- Since 1993, 95 new items have been approved
- Over 70% of ration components are now non-developmental items (NDI)
- 23 least-acceptable items will have been eliminated through MRE XXIV
- Number of menus have been increased from 12 to 24
- A Flameless Ration Heater is placed in each mealbag
- Four vegetarian meals in the 24 menus, 2 each in Case A & B
- New easy-open meal bags with commercial-like color and graphics were adopted
- Nutritional labeling implemented

Various new items were recently field-tested and were either approved or put on standby by JSORF at its early 2002 Annual meeting. MRE XXIV menus are presently under development and will incorporate the majority of following items (See *MRE Improvements Table*, next page):

- **Entrees:** Cajun Rice & Sausage, Veggie Griller in BBQ sauce, Chicken w/ Black Bean Sauce
- **Starches:** Refried Beans, Mexican Macaroni & Cheese
- **Snacks and Spreads:** Dried Cherries & Cranberries, Molasses & Toffee Crunch Cookies, Cinnamon Candies, Peanut M&Ms, Strawberry-Rhubarb Compote, Bacon Cheese Spread



Meal, Ready-to-Eat Improvements

ITEMS IN:

R&D Items:

MRE XVIII
(24 Menus)
1998 Production

Beef teriyaki
Chicken strips in salsa
Buttered noodles

NDI* Items:

Spicy oriental chicken
Meat loaf w/ brown gravy
Pasta w/ vegetables in Alfredo sauce (vegetarian)
Granola bars: chocolate chip, honey nut
Fruit filled bars
Cinnamon apples
Apple cinnamon toaster pastry
Snack mix
Shortbread cookies
Chewy chocolate bar
Tea bag
Vegetable cracker

ITEMS OUT:

Pork w/ rice in BBQ sauce
Tuna w/ noodles

MRE XIX
(24 Menus)
1999 Production

Raisin nut mix

Lemon poppyseed pound cake
Black bean & rice burrito (vegetarian)
Toasted peanut butter & crackers
Cheese peanut butter & crackers

Oatmeal cookie bar (compressed)

MRE XX
(24 Menus)
2000 Production

Country Captain chicken
Turkey tetrazzini
Raspberry applesauce

Minestrone
Western style beans
Yellow & wild rice pilaf
Marshmallow treats
Graham treats
Oatmeal cookie
Wheat snack bread

Chicken stew
Ham slice

MRE XXI
(24 Menus)
2001 Production

Seafood jambalaya
Beef enchilada
Mashed potatoes

Plain snack bread
Nutter butter cookies
Peanut butter & cheddar Combos
Chocolate chip cookies
Honey nut mini wheat snack cereal
Cinnamon snack cereal
Spice pound cake
M&M cookies

Pork chow mein
Smoky franks

MRE XXII
(24 Menus)
2002 Production

Hamburger Patty

Beef steak with mushroom gravy
Multigrain cereal
Cappuccino: choc., van., strawberry
Barbecue sauce
Picante sauce
Seasoning blend, salt free
Ground red pepper

Beef steak
Chicken with rice
Hot sauce (4 menus)

MRE XXIII
(24 Menus)
2003 Production

Hearty New England clam chowder
Applesauce, carbohydrate fortified

Pot roast with vegetable
Barbecue pork rib
Vegetable manicotti
Peanut butter M&Ms®
Crisp M&Ms®
Almond poppyseed pound cake
Pumpkin pound cake
Chocolate mint cookie
Vanilla waffle sandwich cookie

Jamaican pork chop
Pasta with Alfredo sauce
Beef with mushrooms

MRE XXIV
(24 Menus)
2004 Production

Veggie griller with BBQ sauce
Mexican macaroni and cheese

Cajun rice with sausage
Cheese spread with bacon
Strawberry rhubarb compote
Molasses cookie
Toffee crunch cookie
Kreamsicle cookie
Dried cranberries
Dried cherries
Red hot cinnamon candies
Peanut M&Ms®

Bean and rice burrito
Turkey breast with potatoes

* NDI = Non-Developmental Item

Meal, Ready-to-Eat, Individual Menus (MRE, XVIII)

MENU 1	MENU 2	MENU 3	MENU 4	MENU 5	MENU 6	MENU 7	MENU 8	MENU 9	MENU 10	MENU 11	MENU 12
Beef Steak	Boneless Pork Chop w/Noodles	Chicken Stew	Ham Slice	Chicken w/ Noodles	Grilled Chicken	Pork Chow Mein	Chicken w/Rice	Beef Stew	Chili w/ Macaroni	Pasta w/ Vegetables (Vegetarian)	Cheese Tortellini (Vegetarian)
Mexican Rice	Spiced Apples	Pretzels	Buttered Noodles	Fruit ²	Mexican Rice	Chow Mein Noodles				Fruit ²	Applesauce
	Pound Cake	Pound Cake	Pound Cake	Fig Bar	Pound Cake	Cookie, Chocolate Covered	Fudge Brownie	Tavern Nuts	Fig Bar	Granola Bar	Granola Bar
Peanut Butter	Cheese Spread	Jelly	Cheese Spread	Peanut Butter	Jelly	Peanut Butter	Jalapeno Cheese Spread	Jalapeno Cheese Spread	Peanut Butter	Peanut Butter	Peanut Butter
		Cocoa	Cocoa	Cocoa	Cocoa			Cocoa	Cocoa	Peanut Brittle Bar	Candy ¹
Beverage Base	Beverage Base					Beverage Base	Beverage Base				
Packet B	Packet A	Packet C	Packet C	Packet E	Packet D	Packet A	Packet A	Packet B	Packet D	Packet D	Packet D
MENU 13	MENU 14	MENU 15	MENU 16	MENU 17	MENU 18	MENU 19	MENU 20	MENU 21	MENU 22	MENU 23	MENU 24
Thai Chicken	Chicken w/ Cavetelli	Beef Franks	Bean & Rice Burrito (Vegetarian)	Beef Ravioli	Turkey Breast w/ Potatoes	Beef w/ Mushrooms	Spaghetti w/ Meat Sauce	Beef Teriyaki White Rice	Chicken w/ Salsa	Meatloaf w/ Gravy	Pasta w/ Alfredo Sauce
White Rice	White Rice		Fruit ²	Cinnamon Apples		White Rice		Fruit Filled Bar	Short-bread Cookie	Buttered Noodles	Fruit ²
Snack Mix	Pound Cake	Potato Sticks	Fruit Filled Bar	Fudge Brownie	Pound Cake	Corn Chips	Cheese Curls		Peanut Butter	Toaster Pastry	Granola
Jalapeno Cheese Spread	Jelly	Peanut Butter	Peanut Butter	Cheese Spread	Cheese Spread	Peanut Butter	Peanut Butter	Jam		Cheese Spread	Peanut Butter
		Candy ¹	Peanut Brittle	Beef Jerky	Chewy Choc Bar		Candy ¹				Fruit Filled Bar
Cocoa	Beverage Base	Beverage Base			Beverage Base	Beverage Base	Cocoa	Beverage Base	Cocoa	Beverage Base	
Packet C	Packet A	Packet A	Packet D	Packet E	Packet D	Packet A	Packet C	Packet B	Packet B	Packet C	Packet C

Case A = Menus 1-12, Case B = Menus 13-24.

Each menu contains Crackers, Hot Sauce, Flameless Ration Heater and Spoon.

Accessory Packet A:

Coffee, Cream Substitute, Sugar, Salt, Chewing Gum, Matches, Toilet Tissue, Towelette

Accessory Packet B:

Coffee, Cream Substitute, Sugar, Salt, Chewing Gum, Matches, Toilet Tissue, Towelette, Candy (Vanilla Caramels or Tootsie Rolls)

Accessory Packet C:

Lemon Tea w/Sugar, Salt, Chewing Gum, Matches, Toilet Tissue, Towelette

Accessory Packet D:

Lemon Tea w/Sugar, Apple Cider, Salt, Chewing Gum, Matches, Toilet Tissue, Towelette

Accessory Packet E:

Tea Bag, Sugar, Creamer, Salt, Gum, Matches, Toilet Tissue, Towelette

¹ Jolly Rancher Candy, Heat Stable M&Ms, Peanut Munch Bar or Skittles

² Thermostabilized Peaches, Pears, Pineapple or Mixed Fruit



MRE XVIII Components

Meal, Ready-to-Eat, Individual Menus (MRE, XIX)

MENU 1	MENU 2	MENU 3	MENU 4	MENU 5	MENU 6	MENU 7	MENU 8	MENU 9	MENU 10	MENU 11	MENU 12
Beef Steak	Boneless Pork Jamaican	Beef Teriyaki	Ham Slice	Grilled Chicken Breast	Chicken w/Noodles	Chicken w/Salsa	Chicken w/Rice	Beef Stew	Chili w/ Macaroni	Pasta w/ Veg - Tom (Vegetarian)	Bean & Rice Burrito (Vegetarian)
Mexican Rice	Spiced Apples	White Rice	Buttered Noodles	Mexican Rice		Mexican Rice				Fruit	Fruit
	Pound Cake	Cheese & Peanut Butter Crackers	Pound Cake	Pound Cake	Fig Bar	Shortbread Cookie	Fudge Brownie	Dry Roasted Nuts	Pound Cake	Granola Bar	Fruit Filled Bar
Peanut Butter	Cheese Spread	Jam	Jalapeno Cheese Spread	Jelly	Peanut Butter	Peanut Butter	Peanut Butter	Jalapeno Cheese Spread	Peanut Butter	Peanut Butter	Peanut Butter
Cracker	Cracker	Cracker	Cracker	Cracker	Wheat Snack Bread	Cracker	Cracker	Cracker	Cracker	Cracker	Cracker
Beef Jerky			Cocoa	Cocoa	Cocoa	Cocoa		Candy ¹		Peanut Brittle Bar	Peanut Brittle Bar
Beverage Base w/ Sugar	Beverage Base w/ Sugar	Beverage Base w/ Sugar					Beverage Base w/ Sugar	Cocoa	Cocoa		
Packet B	Packet A	Packet B	Packet C	Packet D	Packet D	Packet A	Packet A	Packet C	Packet E	Packet C	Packet D
MENU 13	MENU 14	MENU 15	MENU 16	MENU 17	MENU 18	MENU 19	MENU 20	MENU 21	MENU 22	MENU 23	MENU 24
Cheese Tortellini (Vegetarian)	Pasta w/ Veg Alfredo Sauce (Vegetarian)	Beef Franks	Chicken w/ Thai Sauce	Beef Ravioli	Turkey Breast Pot/ Gravy	Beef w/ Mushrooms	Spaghetti w/ Meat Sauce	Chicken Stew	Pork Chow Mein	Chicken w/ Cavetelli	Meatloaf w/ Gravy
Applesauce	TS Fruit		White Rice	Spiced Apples	TS Fruit	White Rice		Pretzels	Chow Mein Noodles		Buttered Noodles
Granola Bar	Granola Bar	Potato Sticks	Raisin Nut Mix	Fudge Brownie	Choc Cvd Cookie		Toasted P'nut Butter Cracker	Pound Cake	Pound Cake	Pound Cake	Toaster Pastry
Peanut Butter	Peanut Butter	Peanut Butter	Jalapeno Cheese Spread	Cheese Spread	Peanut Butter	Jelly	Cheese Spread	Cheese Spread	Peanut Butter	Jam	Jalapeno Cheese Spread
Cracker	Cracker	Wheat Snack Bread	Cracker	Cracker	Cracker	Cracker	Cracker	Cracker	Cracker	Cracker	Cracker
Hard Candy	Fruit Filled Bar		Cocoa	Cocoa	Chocolate Sports Bar		Cocoa	Cocoa			
		Beverage Base w/ Sugar			Beverage Base w/ Sugar	Beverage Base w/ Sugar			Beverage Base w/ Sugar	Beverage Base w/ Sugar	Beverage Base w/ Sugar
Packet C	Packet D	Packet B	Packet E	Packet A	Packet A	Packet B	Packet B	Packet C	Packet C	Packet B	Packet D



MRE XIX Components

Case A = Menus 1-12, Case B = Menus 13-24.

Each menu contains Crackers, Hot Sauce, Flameless Ration Heater and Spoon.

Accessory Packet A:

Coffee, Cream Substitute, Sugar, Salt, Chewing Gum, Matches, Toilet Tissue, Towelette

Accessory Packet B:

Coffee, Cream Substitute, Sugar, Salt, Chewing Gum, Matches, Toilet Tissue, Towelette, Candy (Vanilla Caramels or Tootsie Rolls)

Accessory Packet C:

Lemon Tea w/Sugar, Salt, Chewing Gum, Matches, Toilet Tissue, Towelette

Accessory Packet D:

Lemon Tea w/Sugar, Apple Cider, Salt, Chewing Gum, Matches, Toilet Tissue, Towelette

Accessory Packet E:

Tea Bag, Sugar, Creamer, Salt, Gum, Matches, Toilet Tissue, Towelette

¹ Jolly Rancher Candy or Charms, Heat Stable M&Ms, Peanut Brittle Bar, Fruit Flavored Discs

Meal, Ready-to-Eat, Individual Menus (MRE, XX)

MENU 1	MENU 2	MENU 3	MENU 4	MENU 5	MENU 6	MENU 7	MENU 8	MENU 9	MENU 10	MENU 11	MENU 12
Beef Steak	Boneless Pork Jamaican	Beef Teriyaki	Country Captain Chicken	Grilled Chicken Breast	Chicken w/ Noodles	Chicken w/ Salsa	Chicken w/ Rice	Beef Stew	Chili w/Mac	Pasta w/ Veg - Tom (Vegetarian)	Bean & Rice Burrito (Vegetarian)
Mexican Rice	Spiced Apples	White Rice	Buttered Noodles	Minestrone soup	Raspberry Applesauce	Potato Sticks				Fruit	Fruit
	Pound Cake	Cheese & P'nut Butter Crackers	Marshmallow Treats	Pound Cake	Fig Bar	Shortbread Cookie	Fudge Brownie	Dry Roasted Nuts	Pound Cake	Granola Bar	Fruit Filled Bar
Peanut Butter	Jalapeno Cheese Spread	Jam	Peanut Butter	Jelly	Jalapeno Cheese Spread	Peanut Butter	Peanut Butter	Jalapeno Cheese Spread	Peanut Butter	Peanut Butter	Peanut Butter
Cracker	Cracker	Wheat Snack Bread	Cracker	Cracker	Cracker	Cracker	Cracker	Cracker	Wheat Snack Bread	Cracker	Cracker
Beef Jerky		Candy ¹		Candy ¹	Candy ¹	Candy ¹		Hard Candy		Peanut Brittle Bar	Peanut Brittle Bar
Beverage Base w/ Sugar	Beverage Base w/ Sugar	Beverage Base w/ Sugar	Cocoa	Cocoa	Cocoa		Beverage Base w/Sugar	Cocoa	Cocoa		
Packet B	Packet A	Packet B	Packet C	Packet D	Packet D	Packet A	Packet A	Packet C	Packet E	Packet C	Packet D
MENU 13	MENU 14	MENU 15	MENU 16	MENU 17	MENU 18	MENU 19	MENU 20	MENU 21	MENU 22	MENU 23	MENU 24
Cheese Tortellini (Vegetarian)	Pasta w/ Veg Alfredo Sauce (Vegetarian)	Beef Franks	Chicken w/ Thai Sauce	Beef Ravioli	Turkey Breast Pot/ Gravy	Beef w/ Mushrooms	Spaghetti w/ Meat Sauce	Chicken Tetrazzini	Pork Chow Mein	Chicken w/ Cavetelli	Meatloaf w/ Gravy
Applesauce	TS Fruit	Western Beans	White Rice	Dry Roasted Nuts	Pound Cake	Yellow & Wild Rice Pilaf		Pretzels	Chow Mein Noodles		Mexican Rice
Granola Bar	Granola Bar		Raisin Nut Mix	Fudge Brownie		Oatmeal Cookie	Toasted P'nut Butter Cracker	Graham Treat	Chocolate Covered Cookie	Pound Cake	Toaster Pastry
Peanut Butter	Peanut Butter	Peanut Butter	Jalapeno Cheese Spread	Cheese Spread	Cheese Spread	Jalapeno Cheese Spread	Cheese Spread	Peanut Butter	Peanut Butter	Jam	Jelly
Cracker	Cracker	Wheat Snack Bread	Cracker	Cracker	Cracker	Cracker	Wheat Snack Bread	Cracker	Cracker	Cracker	Cracker
Hard Candy	Fruit Filled Bar	Candy			Chocolate Sports Bar		Hard Candy			Candy	
		Beverage Base w/ Sugar	Beverage Base w/ Sugar		Beverage Base w/ Sugar	Cocoa	Cocoa	Cocoa	Beverage Base w/ Sugar		Cocoa
Packet C	Packet D	Packet B	Packet E	Packet A	Packet A	Packet B	Packet B	Packet C	Packet C	Packet B	Packet D

Case A = Menus 1-12, Case B = Menus 13-24.

Each menu contains Crackers, Hot Sauce, Flameless Ration Heater and Spoon.

Accessory Packet A:

Coffee, Cream Substitute, Sugar, Salt, Chewing Gum, Matches, Toilet Tissue, Towellette

Accessory Packet B:

Coffee, Cream Substitute, Sugar, Salt, Chewing Gum, Matches, Toilet Tissue, Towellette, Candy (Vanilla Caramels or Tootsie Rolls)

Accessory Packet C:

Lemon Tea w/Sugar, Salt, Chewing Gum, Matches, Toilet Tissue, Towellette

Accessory Packet D:

Lemon Tea w/Sugar, Apple Cider, Salt, Chewing Gum, Matches, Toilet Tissue, Towellette

Accessory Packet E:

Tea Bag, Sugar, Creamer, Salt, Gum, Matches, Toilet Tissue, Towellette

¹ Jolly Rancher Candy or Charms, Heat Stable M&Ms, Peanut Brittle Bar, Fruit Flavored Discs



MRE XX Components

Meal, Ready-to-Eat, Individual Menus (MRE, XXI)

MENU 1	MENU 2	MENU 3	MENU 4	MENU 5	MENU 6	MENU 7	MENU 8	MENU 9	MENU 10	MENU 11	MENU 12
Beef Steak	Jamaican Pork w/ Noodles	Beef Ravioli	Country Captain Chicken	Grilled Chicken Breast	Oriental Chicken/Thai Sauce	Chicken w/ Salsa	Chicken w/ Rice	Beef Stew	Chili w/ Macaroni	Pasta w/ Veg - Tom (Vegetarian)	Bean & Rice Burrito (Vegetarian)
Western Style Beans	Spiced Apples	Potato Sticks	Buttered Noodles	Minestrone Soup	White Rice	Mexican Rice		M&M® Cookie		TS Fruit	TS Fruit
Peanut Butter	Cheese Spread	Fudge Brownie	Marshmallow Treats	P'Nut Butter Sand Cookie	Raisin Nut Mix	Shortbread Cookie	Fudge Brownie	Dry Roasted Nuts	Pound Cake	Granola Bar	Pound Cake
Cracker	Cracker (veg-flavor)	Jelly	Peanut Butter	Jelly	Jalapeno Cheese Spread	Jalapeno Cheese Spread	Peanut Butter	Jalapeno Cheese Spread	Peanut Butter	Peanut Butter	Peanut Butter
Beef Jerky	Honey Nut Miniwheat Cereal	Wheat Snack Bread	Cracker	Plain Snack Bread	Cracker (veg-flavor)	Cracker (veg-flavor)	Plain Snack Bread	Cracker (veg-flavor)	Wheat Snack Bread	Cracker	Cracker
Beverage Base w/ Sugar	Beverage Base w/ Sugar	Beverage Base w/ Sugar	Cocoa	Candy ¹	Beverage Base w/ Sugar	Candy ¹	Beverage Base w/ Sugar	Cocoa	Cocoa	Peanut Brittle Bar	Fruit Filled Bar
Packet B	Packet A	Packet C	Packet A	Packet D	Packet E	Packet C	Packet A	Packet C	Packet E	Packet C	Packet C
MENU 13	MENU 14	MENU 15	MENU 16	MENU 17	MENU 18	MENU 19	MENU 20	MENU 21	MENU 22	MENU 23	MENU 24
Cheese Tortellini (Vegetarian)	Pasta w/ Veg Alfredo Sauce (Vegetarian)	Beef Enchiladas	Chicken w/ Noodles	Beef Teriyaki	Turkey Breast Pot/Gravy	Beef w/ Mushrooms	Spaghetti w/ Meat Sauce	Chicken Tetrazzini	Pork Chow Mein	Jambalaya	Meatloaf w/ Gravy
Applesauce	TS Fruit	Mexican Rice	Raspberry Applesauce	Chow Mein Noodles	Combos-Cheddar	Yellow & Wild Rice Pilaf		Combos-Nacho	Chow Mein Noodles	Cinnamon Life Cereal	Mashed Potatoes
Pound Cake	Granola Bar	Chocolate Chip Cookie	Fig Bar	Cheese & P'nut Butter Cracker		Oatmeal Cookie	Toasted P'nut Butter Cracker	Pound Cake	Chocolate Covered Cookie	Pound Cake	Toaster Pastry
Peanut Butter	Peanut Butter	Jalapeno Cheese Spread	Cheese Spread	Jam	Peanut Butter	Jam	Cheese Spread		Peanut Butter	Peanut Butter	Jelly
Cracker	Cracker	Cracker (veg-flavor)	Cracker (veg-flavor)	Wheat Snack Bread	Cracker	Cracker	Plain Snack Bread		Cracker	Plain Snack Bread	Cracker (veg-flavor)
Hard Candy	Pound Cake		Candy ¹		Chocolate Sports Bar		Hard Candy	Candy ¹			
		Beverage Base w/ Sugar	Cocoa		Beverage Base w/ Sugar	Cocoa	Cocoa	Cocoa	Beverage Base w/ Sugar	Beverage Base w/ Sugar	Cocoa
Packet C	Packet D	Packet A	Packet A	Packet A	Packet A	Packet A	Packet A	Packet D	Packet A	Packet A	Packet B

Case A = Menus 1-12, Case B = Menus 13-24.

Each menu contains Hot Sauce, Flameless Ration Heater and Spoon.

Accessory Packet A:

Coffee, Cream Substitute, Sugar, Salt, Chewing Gum, Matches, Toilet Tissue, Towelette

Accessory Packet B:

Coffee, Cream Substitute, Sugar, Salt, Chewing Gum, Matches, Toilet Tissue, Towelette, Candy (Vanilla Caramels or Tootsie Rolls)

Accessory Packet C:

Lemon Tea w/Sugar, Salt, Chewing Gum, Matches, Toilet Tissue, Towelette

Accessory Packet D:

Lemon Tea w/Sugar, Apple Cider, Salt, Chewing Gum, Matches, Toilet Tissue, Towelette

Accessory Packet E:

Tea Bag, Sugar, Creamer, Salt, Gum, Matches, Toilet Tissue, Towelette

¹ Jolly Rancher Candy or Charms, Heat Stable M&M®s, Peanut Brittle Bar, Fruit Flavored Discs

Meal, Ready-to-Eat, Individual Menus (MRE, XXII)

MENU 1 Beef Steak w/Mushroom Gravy Western Style Beans Peanut Butter Cracker Beef Jerky Bev. Base w/ Sugar Red Pepper Spoon ACC Pkt-B FRH	MENU 2 Jamaican Pork/Noodles Spiced Apples Jalapeno Cheese Spread Cracker (Veg. Flavor) Dairy Shake Hot Sauce Spoon ACC Pkt-A FRH	MENU 3 Beef Ravioli Potato Sticks Fudge Brownie Cheese Wheat Snack Bread Bev. Base w/ Sugar Hot Sauce Spoon ACC Pkt-A FRH	MENU 4 Country Captain Chicken Buttered Noodles Toaster Pastry Cheese Cracker Candy Mocha Cappucino Hot Sauce Spoon ACC Pkt-A FRH	MENU 5 Grilled Chicken Breast Minestrone Soup Fudge Brownie Jelly Wheat Snack Bread Candy Seasoning Packet Spoon ACC Pkt-D FRH	MENU 6 Oriental Chicken/Thai Sauce White Rice Raisin Nut Mix Jalapeno Cheese Spread Cracker (Veg. Flavor) French Vanilla Cappucino Hot Sauce Spoon ACC Pkt-E FRH	MENU 7 Chicken w/ Salsa Mexican Rice Shortbread Cookie Jalapeno Cheese Spread Cracker (Veg. Flavor) Candy Hot Sauce Spoon ACC Pkt-C FRH	MENU 8 Hamburger Patty Nacho Combos Cheese 2Wheat Snack Bread BBQ Sauce Bev. Base w/ Sugar Hot Sauce Spoon ACC Pkt-C FRH	MENU 9 Beef Stew M&M® Cookie Jalapeno Cheese Spread Cracker (Veg. Flavor) Dairy Shake Hot Sauce Spoon ACC Pkt-A FRH	MENU 10 Chili w/ Macaroni Pound Cake Cheese Wheat Snack Bread Cocoa Red Pepper Spoon ACC Pkt-B FRH	MENU 11 Pasta w/ Veg - Tomato (Vegetarian) Fruit TS Pound Cake Peanut Butter Cracker Hard Candy Seasoning Packet Spoon ACC Pkt-D FRH	MENU 12 Bean & Rice Burrito (Vegetarian) Fruit TS Fruit Filled Bar Peanut Butter Cracker Pound Cake Picante Sauce Seasoning Packet Spoon ACC Pkt-D FRH
MENU 13 Cheese Tortellini (Vegetarian) Applesauce Pound Cake Peanut Butter Cracker Hard Candy Seasoning Packet Spoon ACC Pkt-D FRH	MENU 14 Pasta w/ Vegetable Alfredo Sce (Vegetarian) TS Fruit Dry Roasted Nuts Peanut Butter Cracker Pound Cake Seasoning Packet Spoon ACC Pkt-D FRH	MENU 15 Beef Enchiladas Mexican Rice Chocolate Chip Cookies Jalapeno Cheese Spread Cracker (Veg. Flavor) Bev. Base w/ Sugar Hot Sauce Spoon ACC Pkt-A FRH	MENU 16 Chicken w/ Noodles Raspberry Applesauce Fig Bar Cheese Spread Cracker (Veg. Flavor) Candy Cocoa Hot Sauce Spoon ACC Pkt-A FRH	MENU 17 Beef Teriyaki Chow Mein Noodles Cheese & Pnut Butter Cracker Jam Wheat Snack Bread Candy Bev. Base w/ Sugar Red Pepper Spoon ACC Pkt-E FRH	MENU 18 Turkey Breast Pot/Gravy Combos Cheddar Peanut Butter Cracker Chocolate Sports Bar Bev. Base w/ Sugar Hot Sauce Spoon ACC Pkt-A FRH	MENU 19 Beef w/ Mushrooms Yellow & Wild Rice Pilaf Oatmeal Cookie Jam Cracker Cocoa Hot Sauce Spoon ACC Pkt-A FRH	MENU 20 Spaghetti w/ Meat Sauce Toasted P'nut Butter Cracker Cheese Spread Wheat Snack Bread Hard Candy Dairy Shake Hot Sauce Spoon ACC Pkt-A FRH	MENU 21 Chicken Tetrazzini Pound Cake Jelly Cracker Dairy Shake Hot Sauce Spoon ACC Pkt-E FRH	MENU 22 Jambalaya Chocolate Covered Cookie Cheese Spread Wheat Snack Bread Candy Bev. Base w/ Sugar Hot Sauce Spoon ACC Pkt-A FRH	MENU 23 Chicken w/ Cavetelli Pound Cake Peanut Butter Wheat Snack Bread Bev. Base w/ Sugar Hot Sauce Spoon ACC Pkt-A FRH	MENU 24 Meatloaf w/ Gravy Mashed Potatoes Toaster Pastry Jelly Cracker (Veg. Flavor) Cocoa Red Pepper Spoon ACC Pkt-B FRH

Case A = Menus 1-12, Case B = Menus 13-24

Accessory Packet A:

Coffee, Cream Substitute, Sugar, Salt, Chewing Gum, Matches, Toilet Tissue, Towelette

Accessory Packet B:

Coffee, Cream Substitute, Sugar, Salt, Chewing Gum, Matches, Toilet Tissue, Towelette, Candy (Vanilla Caramels or Tootsie Rolls), Ground Red Pepper

Accessory Packet C:

Lemon Tea w/Sugar, Salt, Chewing Gum, Matches, Toilet Tissue, Towelette

Accessory Packet D:

Lemon Tea w/Sugar, Apple Cider, Salt, Chewing Gum, Matches, Toilet Tissue, Towelette, Seasoning Packet (Salt-Free)

Accessory Packet E:

Tea Bag, Cream Substitute, Sugar, Chewing Gum, Matches, Toilet Tissue, Towelette

¹ Jolly Rancher Candy or Charms, Heat Stable M&M's, Peanut Brittle Bar, Fruit Flavored Discs

Meal, Ready-to-Eat, Individual Menus (MRE, XXIII)

MENU 1 Beef Steak w/Mushroom Gravy Western Style Beans Jelly Cracker Dairy Shake Red Pepper Spoon ACC Pkt-B FRH	MENU 2 BBQ Pork Patty Clam Chowder Cheese 2Wheat Snack Bread Fig Bar Bev. Base w/ Sugar Hot Sauce Spoon ACC Pkt-A FRH	MENU 3 Beef Ravioli Potato Sticks Fudge Brownie Cheese Cracker Bev. Base w/ Sugar Hot Sauce Spoon ACC Pkt-A FRH	MENU 4 Country Captain Chicken Buttered Noodles Toaster Pastry Cheese Cracker Candy Mocha Cappucino Hot Sauce Spoon ACC Pkt-A FRH	MENU 5 Grilled Chicken Breast Minestrone Soup Pound Cake Jalapeno Cheese Spread Wheat Snack Bread Candy Seasoning Packet Spoon ACC Pkt-A FRH	MENU 6 Oriental Chicken/Thai Sauce Yellow & Wild Rice Pilaf Raisin Nut Mix Peanut Butter Cracker (veg-flavor) French Vanilla Cappucino Hot Sauce Spoon ACC Pkt-E FRH	MENU 7 Chicken w/ Salsa Mexican Rice Shortbread Cookie Jalapeno Cheese Spread Cracker (veg-flavor) Candy Hot Sauce Spoon ACC Pkt-C FRH	MENU 8 Hamburger Patty Nacho Combos Cheese 2Wheat Snack Bread Beef Jerky BBQ Sauce Bev. Base w/ Sugar Hot Sauce Spoon ACC Pkt-C FRH	MENU 9 Beef Stew M&M® Cookie Jelly Cracker Dairy Shake Hot Sauce Spoon ACC Pkt-A FRH	MENU 10 Chili w/ Macaroni Chocolate Mint Cookie Jalapeno Cheese Spread Wheat Snack Bread Cocoa Red Pepper Spoon ACC Pkt-B FRH	MENU 11 Pasta w/ Veg - Tomato (Vegetarian) Applesauce CHO Fortified Pound Cake Peanut Butter Cracker Hard Candy Seasoning Packet Spoon ACC Pkt-D FRH	MENU 12 Bean & Rice Burrito (Vegetarian) TS Fruit Fudge Brownie Peanut Butter Cracker Hard Candy Picante Sce Hot Sauce Spoon ACC Pkt-D FRH
MENU 13 Cheese Tortellini (Vegetarian) Applesauce Pound Cake Peanut Butter Cracker Hard Candy Seasoning Packet Spoon ACC Pkt-D FRH	MENU 14 Vegetable Manicotti TS Fruit Dry Roasted Nuts Peanut Butter Cracker Pound Cake Seasoning Packet Spoon ACC Pkt-D FRH	MENU 15 Beef Enchiladas Mexican Rice Chocolate Chip Cookies Jalapeno Cheese Spread Cracker (Veg. Flavor) Bev. Base w/ Sugar Hot Sauce Spoon ACC Pkt-A FRH	MENU 16 Chicken w/ Noodles Raspberry Applesauce Fig Bar Cheese Spread Cracker (Veg. Flavor) Candy Cocoa Hot Sauce Spoon ACC Pkt-A FRH	MENU 17 Beef Teriyaki Chow Mein Noodles Shortbread Cookie Jam Wheat Snack Bread Candy Bev. Base w/ Sugar Hot Sauce Spoon ACC Pkt-E FRH	MENU 18 Turkey Breast Pot/Gravy Combos Cheddar Peanut Butter Cracker Chocolate Sports Bar Bev. Base w/ Sugar Hot Sauce Spoon ACC Pkt-A FRH	MENU 19 Pot Roast w/ Vegetables Spiced Apples Oatmeal Cookie Cheese Spread Cracker Cocoa Hot Sauce Spoon ACC Pkt-A FRH	MENU 20 Spaghetti w/ Meat Sauce Cheese Spread Cheese Spread Wheat Snack Bread Hard Candy Dairy Shake Hot Sauce Spoon ACC Pkt-A FRH	MENU 21 Chicken Tetrazzini Chocolate Covered Cookie Jam Cracker Dairy Shake Hot Sauce Spoon ACC Pkt-B FRH	MENU 22 Jambalaya Pound Cake Jalapeno Cheese Spread Wheat Snack Bread Candy Bev. Base w/ Sugar Hot Sauce Spoon ACC Pkt-A FRH	MENU 23 Chicken w/ Cavetelli Pretzel Sticks Pound Cake Peanut Butter Wheat Snack Bread Bev. Base w/ Sugar Hot Sauce Spoon ACC Pkt-A FRH	MENU 24 Meatloaf w/ Gravy Mashed Potatoes Vanilla Wafer Cookie Jelly Cracker Cocoa Red Pepper Spoon ACC Pkt-B FRH

Case A = Menus 1-12, Case B = Menus 13-24

Accessory Packet A:

Coffee, Cream Substitute, Sugar, Salt, Chewing Gum, Matches, Toilet Tissue, Towelette

Accessory Packet B:

Coffee, Cream Substitute, Sugar, Salt, Chewing Gum, Matches, Toilet Tissue, Towelette, Candy (Vanilla Caramels or Tootsie Rolls), Ground Red Pepper

Accessory Packet C:

Lemon Tea w/Sugar, Salt, Chewing Gum, Matches, Toilet Tissue, Towelette

Accessory Packet D:

Lemon Tea w/Sugar, Apple Cider, Salt, Chewing Gum, Matches, Toilet Tissue, Towelette, Seasoning Packet (Salt-Free)

Accessory Packet E:

Tea Bag, Cream Substitute, Sugar, Chewing Gum, Matches, Toilet Tissue, Towelette

¹ Jolly Rancher Candy or Charms, Heat Stable M&M®s, Peanut Brittle Bar, Fruit Flavored Discs

Purpose:

The Meal, Religious, Kosher/ Halal is utilized to serve those individuals in the Military Service who maintain a strict religious diet.

Characteristics:

Each meal consists of two components: (1) an entree (pouch in box) certified and labeled as Glatt Kosher or Dhabihah Halal and a common accessory pack certified by both Kosher and Halal authorities. Kosher and Halal entrée menus are identical as indicated in the table. Kosher and Halal entrees, however, are never cased together; they are purchased separately from different companies. For each ration, entrees are delivered in a mixed case of 12 meals, and the accessory packs delivered in a separate carton of 12. Both the entrée case and the accessory pack case are then packed side-by-side in a master case. Minimum and maximum expected shelf life at delivery are 3 and 10 months, respectively.

As indicated in the pictures, complementary menu components are commercial items and include a beverage base (hot or cold), cereal, bakery items (bagel chips, granola bars, etc.), and fruit/nuts (raisins, peanuts, etc.). Accessory items include salt, pepper, sugar, spoon, toilet tissue, flameless heater and a moist Towelette.

Nutritional Data:

Each menu provides approximately 1200 kilocalories (11-13% protein, 37-40% fat, and 48% carbohydrate).

Preparation Requirements:

Except for the beverages, the entire meal is ready to eat. Although the entrée may be eaten cold when operationally necessary, it can also be heated by immersion in hot water while sealed in its individual package or by using the a flameless ration heater provided in the accessory packet.



Kosher Meal Components & Accessories



Halal Meal Components & Accessories

Main Entree Varieties:

KOSHER	HALAL
Beef Stew	Beef Stew
Chicken and Noodles	Chicken and Noodles
Cheese Tortellini	Cheese Tortellini
Florentine Lasagna	Florentine Lasagna
Pasta w/ Garden Vegetables	Pasta w/ Garden Vegetables
"My Kind of Chicken"	"My Kind of Chicken"
Old World Stew	Old World Stew
Chicken & Black Beans	Chicken & Black Beans
Chicken Mediterranean	Chicken Mediterranean
Vegetarian Stew	Vegetarian Stew

Components/Accessory Items are shipped packaged together in the same case with the entrees. Component/Accessory Items contain brand-name items.

Complementary Components include Beverage Base (hot or cold), Cereal, Bakery Items (bagel chips, granola bars, etc.), and Fruit/Nuts (e.g. raisins, peanuts, etc.). Accessory Items are Salt, Pepper, Sugar, Spoon, Toilet Tissue, Flameless Heater and Towelette.

Meal, Tailored Operational Training (TOTM)

Purpose:

The purpose of this ration is to provide an alternative operational training meal in lieu of “sack lunches” and catered commercial meals to military organizations that engage in inactive duty training (IDT). It may be used in any situation where traditional operational ration meals are not mandated. The TOTM became available in May 2001. This effort was executed to promote doctrine requirements and a “train as you fight” philosophy, while meeting the customer budgetary needs. As a training tool, this meal will aid units in gaining familiarity with the preparation, usage, consumption, and disposal of a pre-packed meal similar to the MRE. This meal is similar to the standard Meal, Ready-to-Eat (MRE) in packaging and contains many of the same components. However, it employs commercial packaging to reduce costs. The TOTM is not an MRE, nor is it designed to take the place of the MRE. The Tailored Operational Training Meal (TOTM) is a totally self-contained packet consisting of a meal packed in a lightweight flexible meal bag that fits easily into military field clothing pockets. Three sets of menus are available, as described below. Each set is comprised of six menus. Each case contains two of each menu for a total of twelve meals per case. The TOTM is easily adaptable for disaster relief efforts. The net weight and cube per case are approximately 20 lbs. and .95 cubic feet, respectively.

Nutritional Data:

Each TOTM meal bag provides an average of 997 kilocalories.

Preparation Requirements:

The entire meal is ready to eat, except for the beverages, which need to be rehydrated. Although the entrée may be eaten cold if operationally necessary, a flameless ration heater is provided with each meal.

Comment:

The TOTM is intended only for situations where usage of the MRE is not mandatory.



Meal, Tailored Operational Training (TOTM) Menus

Vendor: SOPACKO

MENU 1	MENU 2	MENU 3	MENU 4	MENU 5	MENU 6
Chili Macaroni	Cheese Tortellini	Beef Stew	Chicken Cavatelli	Beef Ravioli	Pasta Alfredo
Fruit*	Fruit*	Fruit*	Fruit*	Fruit*	Fruit*
Cracker	Cracker	Cracker	Cracker	Cracker	Cracker
Jelly	Jelly	Jelly	Jelly	Jelly	Jelly
Chocolate Covered Disks	Chocolate Covered Disks	Fruit Flavored Disks	Candy Toffee Roll, Chocolate (2)	Candy Toffee Roll, Chocolate (2)	Fruit Flavored Disks
Beverage Base	Beverage Base	Beverage Base	Beverage Base	Beverage Base	Beverage Base
Flameless Heater	Flameless Heater	Flameless Heater	Flameless Heater	Flameless Heater	Flameless Heater
Dining Kit	Dining Kit	Dining Kit	Dining Kit	Dining Kit	Dining Kit

* The four varieties of fruit (peaches, pineapples, pears and mixed fruit) will be distributed equally among the menus.

Dining Kit includes napkin, spoon, coffee, sugar, black pepper, salt, creamer & a moist towelette.

Vendor: WORNICK

MENU 1	MENU 2	MENU 3	MENU 4	MENU 5	MENU 6
Spaghetti w/ Meat Sauce	Minestrone Stew	Chili Macaroni	Beef Stew	Chicken Tetrazzini	Cheese Tortellini
Pears	Pears	Pineapples	Pineapples	Pears	Pineapples
Cheese Peanut Butter Crackers	Crackers	Cheese Peanut Butter Crackers	Crackers	Cheese Peanut Butter Crackers	Cheese Peanut Butter Crackers
Chocolate Covered Disks	Strawberry Jam Fruit Flavored Disks	Chocolate Covered Disks	Strawberry Jam Fruit Flavored Disks	Chocolate Covered Disks	Fruit Flavored Disks
Tea, Lemon w/ Sugar	Beverage Base	Beverage Base	Beverage Base	Beverage Base	Beverage Base
Flameless Heater	Flameless Heater	Flameless Heater	Flameless Heater	Flameless Heater	Flameless Heater
Dining Kit	Dining Kit	Dining Kit	Dining Kit	Dining Kit	Dining Kit

Dining Kit includes spoon, salt, pepper, creamer, coffee, sugar, moist towelette & a napkin.

Vendor: AMERIQUAL

MENU 1	MENU 2	MENU 3	MENU 4	MENU 5	MENU 6
Minestrone	Pasta w/ Vegetables	Chicken Noodles w/ Vegetables	Spaghetti w/ Meat & Sauce	Beef Ravioli	Chicken Tetrazzini
Peaches	Peaches	Peaches	Pears	Mixed Fruit	Mixed Fruit
Crackers	Crackers	Crackers	Cheese Peanut Butter Crackers	Cheese Peanut Butter Crackers	Cheese Peanut Butter Crackers
Peanut Butter Fig Bar (2 per pack)	Peanut Butter Fig Bar (2 per pack)	Peanut Butter Fig Bar (2 per pack)	Fig Bar (2 per pack)	Fig Bar (2 per pack)	Fig Bar (2 per pack)
Candy Toffee Roll, Chocolate (2)	Candy Toffee Roll, Chocolate (2)	Candy Toffee Roll, Chocolate (2)	Candy Toffee Roll, Chocolate (2)	Candy Toffee Roll, Chocolate (2)	Candy Toffee Roll, Chocolate (2)
Flameless Heater	Flameless Heater	Flameless Heater	Beverage Base Flameless Heater	Beverage Base Flameless Heater	Beverage Base Flameless Heater
Dining Kit	Dining Kit	Dining Kit	Dining Kit	Dining Kit	Dining Kit

Dining Kit includes red pepper flakes, salt packet, spoon, chewing gum & a moist towelette.

Purpose:

The Go-To-War (GTW) Ration is a unitized ration designed to sustain an individual during the early stages of mobilization until the rations industry is able to ramp up to meet demand for operational rations. The ration evolved from lessons learned during Operation Desert Shield/Storm (ODS). It does not meet the full spectrum of Military Service Requirements for Operational Rations. It is intended to augment the “family of rations” and not replace operational rations.

Characteristics:

Each of 12 nutritionally complete menus consists of commercially available, individual serving shelf-stable components including an entree, wet-pack fruit, snack item (cookies, candy or beef jerky), and instant coffee. Other items include military specified MRE pouch bread, beverage base, Dental Liquid (DL) dairy shakes and two flameless ration heaters (FRH). All components are contained in a clear meal polymeric meal bag. Menu components are obtained from a variety of commercial sources. Criteria for selection of the menus are: acceptability of components, shelf stability, packaging utility, and nutritional adequacy. Expected shelf life is 18 months at 80° F (27° C). As with the MRE, there are 12 meals per shipping container, one of each menu.

- **Weight:** 25 lbs. per case, 2 lbs. per meal
- **Cube:** 1.44 cubic feet/case, 0.1198 cubic feet/meal

Nutritional Data:

Each meal provides an average of 1300 kilocalories (16% protein, 24% fat, and 60% carbohydrate).

Preparation Requirements:

The food is fully processed/prepared and ready-to-eat. The water requirement is 24 ounces for rehydration of beverages and activation of the FRHs.

Comments:

A comprehensive computer database of commercially available, shelf-stable foods to support this ration is maintained by Soldier Support Center, Natick. When the Defense Supply Center Philadelphia (DSCP) receives a procurement requirement, menus reflecting currently available components will be coordinated with the Office of The Surgeon General for approval, and packing/assembly documents will be finalized. The Meal Ordered, Ready-to-Eat was the forerunner of the GTW ration used during ODS. However, it was not unitized, and logistical problems resulted. The Go-To-War ration is not readily accessible. DSCP can only provide it when authorized to do so in situations where the MRE is not available.



Purpose:

The Ration, Cold Weather is used to sustain individuals during operations under frigid conditions. It was originally developed to satisfy a Marine Corps requirement, but is also used by Army units operating in cold climates such as the 6th Infantry Division and 10th Mountain Divisions.

Characteristics:

The six menus contain precooked, dehydrated entrees and other low moisture foods. The ration is lightweight, and many of its components can be eaten either dry or rehydrated. Several drink mixes and soup are included in each menu to encourage water consumption. There are two meal bags per ration, which provide food for 24 hours. All packaging is flexible. External surfaces of pouches and meal bags are white camouflage color. Expected shelf life is a minimum of 3 years at 80° F. (27° C) and 6 months at 100° F (38° C) There are six rations per shipping carton, one of each menu. Weight and cube are as follows:

- **Weight:** 21.31 pounds/case, 2.75 pounds/ration
- **Cube:** 0.9 cubic feet/case, 0.13 cubic feet/ration

Nutritional Data:

Each menu provides approximately 4500 kilocalories (8% protein, 32% fat and 60% carbohydrate). A menu provides sufficient kilocalories to meet energy expenditure during heavy exertion in extreme cold, while limiting sodium and protein content to reduce risk of dehydration in arctic environments. The sodium level is 5 grams per ration.

Requisition Information:

This ration was accepted for Marine Corps procurement under ROC No. LOG 216.3.5, in May 1987. It was available for troop issue in July 1989. The Army identified a limited requirement for the RCW as a special purpose item and adopted the Marine Corps ROC in FY88.

Preparation Requirements:

The individual consumer prepares the food. If all components are rehydrated, the water requirement is 90 ounces. Fuel tablets for heating water in the canteen cup are provided separately.

Comments:

The Naval Submarine Medical Research Laboratory and the US Army Research Institute of Environmental Medicine recommended the design criteria. Controlled cold chamber studies with the prototype ration indicated that lower sodium and protein levels reduce the daily water requirement and lessen the possibility of the user becoming dehydrated. As the result of a military service request, the RCW has been redesigned into three individual meals per day to replace the complete day's ration previously provided in two meal bags. The Meal, Cold Weather (MCW) consists of 12 menus, including more commercial entrees, snacks, cereals, and soups. The present MCW was successfully tested with the Marine Corps in 1996. To improve producibility of this ration and the Food Packet, Long Range Patrol, the final products with identical menus are now procured under one assembly document for the MCW and LRP. White external packaging continues to be used with the former and beige with the latter.



Ration, Cold Weather (RCW) Menus

Bag A:

MENU 1	MENU 2	MENU 3	MENU 4	MENU 5	MENU 6
Oatmeal, Strawberry & Cream	Oatmeal, Apple & Cinnamon	Oatmeal, Apple & Cinnamon	Oatmeal, Maple & Brown Sugar	Oatmeal, Strawberry & Cream	Oatmeal, Maple & Brown Sugar
Nut Raisin Mix	Nut Raisin Mix	Nut Raisin Mix	Nut Raisin Mix	Nut Raisin Mix	Nut Raisin Mix
Cocoa Beverage Powder (2)	Cocoa Beverage Powder (2)	Cocoa Beverage Powder (2)	Cocoa Beverage Powder (2)	Cocoa Beverage Powder (2)	Cocoa Beverage Powder (2)
Apple Cider Mix	Apple Cider Mix	Apple Cider Mix	Apple Cider Mix	Apple Cider Mix	Apple Cider Mix
Chicken Noodle Soup	Chicken Noodle Soup	Chicken Noodle Soup	Chicken Noodle Soup	Chicken Noodle Soup	Chicken Noodle Soup
Fruit Bars (Blueberry)	Fruit Bars (Fig)	Fruit Bars (Fig)	Fruit Bars (Fig)	Fruit Bars (Blueberry)	Fruit Bars (Blueberry)
Crackers	Crackers	Crackers	Crackers	Crackers	Crackers
Spoon	Spoon	Spoon	Spoon	Spoon	Spoon
Accessory Packet	Accessory Pack	Accessory Packet	Accessory Packet	Accessory Packet	Accessory Packet

Bag B:

Chicken Stew	Beef Stew	Chili Con Came	Chicken A La King	Chicken & Rice	Spaghetti w/Meat Sauce
Granola Bars (2)	Granola Bars (2)	Granola Bars (2)	Granola Bars (2)	Granola Bars (2)	Granola Bars (2)
Oatmeal Cookie Bars (2)	Oatmeal Cookie Bars (2)	Oatmeal Cookie Bars (2)	Oatmeal Cookie Bars (2)	Oatmeal Cookie Bars (2)	Oatmeal Cookie Bars (2)
Chocolate Covered Cookie	Chocolate Covered Brownie	Chocolate Covered Brownie	Chocolate Covered Cookie	Chocolate Covered Brownie	Chocolate Covered Cookie
Orange Beverage Powder	Orange Beverage Powder	Orange Beverage Powder	Orange Beverage Powder	Orange Beverage Powder	Orange Beverage Powder
M&Ms	M&Ms	M&Ms	M&Ms	M&Ms	M&Ms
Lemon Tea (2)	Lemon Tea (2)	Lemon Tea (2)	Lemon Tea (2)	Lemon Tea (2)	Lemon Tea (2)
Spoon	Spoon	Spoon	Spoon	Spoon	Spoon

Accessory Packet:

Coffee, Cream, Sugar, Chewing Gum, Toilet Paper (2), Matches, Closure Device (2), Tootsie Rolls (2)



Prototype Meal, Cold Weather Menu 6 and Components

Purpose:

The Food Packet, Long Range Patrol (LRP), is designed to be an extended life operational ration used to sustain personnel during initial assault, special operations and long-range reconnaissance missions.

Characteristics:

The LRP has eight menus containing dehydrated entrees, cereal bars, cookie and candy components, instant beverages, accessory packets, and plastic spoons. Expected shelf life is 10 years at 80° F (27° C). There are 16 rations per shipping container, two of each menu. Weight and cube are as follows:

- **Weight:** 20 pounds/case, 1 pound/ration
- **Cube:** 1.44 cubic feet/case, 0.04 cubic feet/ration

Nutritional Data:

Each menu provides an average of 1560 kilocalories (15% protein, 35% fat, and 50% carbohydrate). The LRP is a restricted calorie ration that is approved for use at an issue of one packet per man per day for up to ten days. It is nutritionally compatible with the MRE to allow menu mixes under scenarios where additional calories are required.

Preparation Requirements:

The individual consumer prepares the food. The water requirement is 10 to 12 ounces for the entree and 16 ounces for the beverages.

Comments:

This ration has taken advantage of current production technology by using components from existing military rations (LRP [pre-1983], MRE and RCW). The new LRP provides approximately 400 more calories than the original version. An improvement program was completed in FY96 that resulted in the approval of a redesigned packaging system and an increase to 12 menus. The new packaging system includes a peelable seal mealbag bag and will allow the LRP to be assembled on the same lines as the MRE, using the same size shipping carton. The new packaging system uses a brick-shaped package for the entree that has enabled a 20% increase in LRP packets per pallet (i.e., from 480 packets to 576 packets). Future requirements for the LRP will be met through the combined Meal, Cold Weather/Long Range Patrol Ration.



Food Packet, Long Range Patrol (LRP) Menus

MENU 1	MENU 2	MENU 3	MENU 4	MENU 5	MENU 6	MENU 7	MENU 8
Chicken Stew	Beef Stew	Sweet & Sour Pork	Chicken A La King	Lasagna	Spaghetti w/Meat Sauce	Chili Con Carne	Beef & Rice
Corn Flake Bar	Granola Bar	Branflake Bar	Branflake Bar	Branflake Bar	Corn Flake Bar	Granola Bar	Corn Flake Bar
Oatmeal Cookie Bar	Chocolate Covered Cookie	Peanut Butter & Crackers	Chocolate Covered Cookie	Peanut Butter & Crackers	Oatmeal Cookie Bar	Fig Bar	Fig Bar
Tootsie Rolls (4)	Caramels		Candy (Variety)		Tootsie Rolls (4)	Charms	M&Ms
Apple Cider Drink	Cocoa Beverage	Apple Cider Drink	Orange Beverage	Lemon Tea (2 Pkts)	Beverage Base (MRE)	Orange Beverage	Lemon Tea (2 Pkts)
Accessory Packet	Accessory Packet	Accessory Packet	Accessory Packet	Accessory Packet	Accessory Packet	Accessory Packet	Accessory Packet
Spoon	Spoon	Spoon	Spoon	Spoon	Spoon	Spoon	Spoon

Accessory Packet: Coffee, Cream, Sugar, Chewing Gum, Toilet Paper (2), Matches, Salt



Menu 6 Meal Bag and Components

Purpose:

The Meal, Cold Weather and the Food Packet, Long Range Patrol is designed to meet the Joint Service requirements of the Marine Corps and the Army Special Operational Forces (SOF). The Marine Corps requires appropriate nutritional and operational characteristics for extreme cold environments, and the SOF require a long life restricted calorie ration to be used during initial assault, special operations and long-range reconnaissance missions.

Characteristics:

The ration is lightweight and includes ready-to-eat components and a freeze-dried entrée that can be eaten dry if necessary. Meal bags for each of the 12 menus contain the dehydrated entrée, a cereal bar, cookies, candy, a powdered beverage, accessory packets and plastic spoons. Extra drink mixes are included to encourage water consumption. The shelf life is a minimum of 3 years at 80° F (27° C) and 6 months at 100° F (38° C) but extended shelf life for the entrée has been demonstrated in actual storage tests. The MCW is packed in a white camouflage meal bag and the LRP in a beige color bag, as displayed on the next page.

- **Weight:** 17.5 pounds/case, 1 pound/packet
- **Cube:** 0.88 cubic feet/case, 0.04 cubic feet/packet

Nutritional Data:

Each menu provides an average of 1540 kilocalories (15% protein, 35% fat and 50% carbohydrate). The MCW, if used for three meals, provides the 4500 kilocalories required for heavy exertion in extreme cold. Limits on protein and sodium help to reduce risk of dehydration in cold weather environments. The LRP is a restricted calorie ration that is approved for use at an issue of one packet per man per day for up to ten days. The MCW/LRP is compatible with other operational ration feeding systems like the UGR and the MRE and can be used as a separate meal especially in cold weather scenarios.

Preparation Requirements:

The individual consumer prepares the food. The water requirement is 16 ounces for the meat entrées, 16 ounces for the egg/cereal menus and 12-24 ounces for the beverages. Total water required ranges from 28-40 ounces per menu if all the components are rehydrated. Menu design is aligned with the requirement of providing adequate hydration in a cold weather environment. Fuel tablets for heating water in the canteen cup are provided separately. In addition to the items listed in the menus on the next page, coffee, creamer and sugar packets are provided.

Comments:

The first procurement of the combined MCW/LRP was completed in FY01, and the ration is now available. Stocks of the original MCW and LRP will be issued until depleted. Continuous product improvements in the MCW/LRP are planned and will include removal of less acceptable components and refinement of the primary packaging system.



Combined MCW/LRP Menus

MENU 1 Spicy Oriental Chicken Cereal Bar MRE Cracker Peanut Butter MRE Beverage Base	MENU 2 Beef Stroganoff Raisin Nut Mix Chocolate Sports Bar Peanut Brittle Bar Cocoa	MENU 3 Sweet & Sour Pork/Rice MRE Cracker Peanut Butter Ramen Noodles Cocoa	MENU 4 Turkey Tetrazzini Fudge Brownie MRE Cracker Cheese Spread Orange Beverage Lemon Tea	MENU 5 Chicken & Rice Cereal Bar Ramen Noodles Orange Beverage Cocoa	MENU 6 Lasagna Raisin Nut Mix Toaster Pastry Shortbread Cookie Lemon Tea Cocoa
MENU 7 Beef Stew Pound Cake Chocolate Covered Cookie Tootsie Roll Cider	MENU 8 Spaghetti & Meat Sauce Raisin Nut Mix Toaster Pastry M&Ms Cocoa	MENU 9 Beef Teriyaki w/ Rice Shortbread Cookies MRE Cracker Peanut Butter Cider	MENU 10 Western Omelet Cream of Wheat Cereal Granola Bar Peanut Brittle Bar Orange Beverage Cocoa	MENU 11 Eggs/Bacon Oatmeal Flavored Tavern Nuts Fig Bar Orange Beverage Cocoa	MENU 12 Western Omelet Oatmeal Flavored Granola Bar Fudge Brownie Lemon Tea Cocoa



MCW/LRP Combined Meal Bags and Components

Food Packet, Survival, General Purpose, Improved (GP-1)

Purpose:

The Food Packet, Survival, General Purpose is used by the Services to sustain an individual in survival situations, including escape and evasion, under all environmental conditions, and when potable water is limited. Requested by the Air Force, it is used to sustain personnel in any survival situation for periods less than five consecutive days.

Characteristics:

The ration contains six compressed bars consisting of two cereal bars, three cookie bars, and wintergreen tablets which are sealed in trilaminar pouches and packed in a water resistant, paperboard box. Sweetened lemon tea and soup and gravy base are also included. Expected shelf life for this ration is five years at 80° F (27° C). There are 24 packets per shipping container. Weight and cube data are as follows:

- **Weight:** 18.2 pounds/case, 0.7 pounds/packet
- **Cube:** 0.52 cubic feet/case, 0.014 cubic feet/packet

Nutritional Data:

Each packet provides 1447 kilocalories (5% protein, 39% fat, and 56% carbohydrate). It is formulated to provide a maximum of 8% of the calories from protein to minimize metabolic water requirements.

Preparation Requirements:

The individual consumer prepares the food. Fourteen ounces of water are required to reconstitute the lemon tea and the soup and gravy base.

Comments:

This improved version of the Food Packet, Survival, General Purpose successfully survived a storage study of five-years duration. The original Food Packet, Survival, General Purpose was type-classified in 1961, replacing all other survival packets except those designed for space constraints and water limitation (Abandon Ship and Aircraft, Life Raft). Components of that ration were two cornflake bars, one bar each of granola and rice/cornflake, instant coffee, sugar and soup and gravy base packed in a tin-plated steel can. Limited procurement quantities contributed to the unavailability of the can, which resulted in the adoption of flexible packaging for the components. The GP-1 provides approximately 42% more calories than the original general-purpose survival ration with essentially the same weight and volume.

COMPONENTS	UNITS
Cornflake Bar	2
Shortbread Bar	1
Wintergreen Tablets	1
Granola Bar	1
Chocolate Chip Bar	1
Soup & Gravy Base	1
Sweetened Lemon Tea	1



Shipping Container,
Ration Box and Components

Food Packet, Survival, Abandon Ship

Purpose:

The Food Packet, Survival, Abandon Ship is used by the Navy to sustain personnel who must abandon ship. It is supplied in lifesaving craft aboard ships.

Characteristics:

The packet contains calorically dense cereal bars. It is used by the Navy to sustain one person for 3 days, using 2 packets per day. Packets will fit in the storage areas of lifesaving craft. The components have maximum stability for storage in on-deck craft under all climatic conditions. Expected shelf life is 84 months (5 years) at 80° F, which meets the requirement in U.S. Coast Guard Regulations Governing Emergency Provisions for Lifeboats and Life Rafts. There is a minimum of six equally shaped, commercially available, individually wrapped cereal bars per intermediate box. Weight and cube data are as follows:

- **Weight:** 5.2 ounces/packet, 5.75 pounds/case, 48 pounds/case
- **Cube:** 17.0 cubic inches/packet, 0.16 cubic feet/intermediate box, 1.36 cubic feet/case

Nutritional Data:

Each packet provides approximately 2400 kilocalories (54% carbohydrate). It is strictly short-term survival food. The consumption of this ration minimizes the negative metabolic effects of acute starvation. The components are compatible with potable water restrictions.

Preparation Requirements:

No preparation necessary except for opening packages.

Comments:

The ration was designed as a result of experience with ocean disasters, which showed that other supplies, such as lifesaving equipment and drinking water, were more critical to survival than food. This new commercial version became available in 1997. The previous version of the ration contained hard candy and chewing gum. Earlier versions contained starch jelly bars, candy-coated chewing gum, mint tablets, matches, and a cigarette packet (40 cigarettes); there were 15 food packets and a cigarette packet per intermediate box.

Shipping Container and Meal Bag



Purpose:

The Food Packet, Survival, Aircraft, Life Raft is used by the Navy to sustain personnel that survive aircraft disasters. The packet, along with other essential equipment, is supplied in the emergency kits carried aboard naval aircraft.

Characteristics:

The packet contains hard candy, candy-coated chewing gum, and twine. An instruction sheet is included explaining the use of the twine for storing the components after the packet is opened. The components have maximum stability under extreme temperature changes and have an expected shelf life of 84 months (5 years) at 80°F. They must also withstand temperatures up to 160° F (70° C).

- **Weight:** 8.0 pounds/case (gross), 3.5 ounces/packet
- **Cube:** 0.24 cubic feet/case, 12.0 cubic inches/packet

Nutritional Data:

Each packet provides approximately 300 kilocalories (100% carbohydrate). It is strictly short-term survival food. Consumption of this ration will help minimize the negative metabolic effects of acute starvation. The components are compatible with potable water restrictions.

Preparation Requirements:

No preparation is necessary except opening packages.

Shipping Container, Food Packets and Components



Ultra High Temperature Milk (UHT)

Purpose:

This item is used by the Armed Forces as a mandatory supplement and/or enhancement for operational ration feeding during operations which either do not have refrigeration capability or have limited capability. It is used in situations that do not permit resupply of perishable foods.

Characteristics:

UHT milk is fresh whole milk, which has been heat processed using a technology called Ultra High Temperature (UHT). The UHT process ensures maximum retention of flavor and nutritional value. The aseptic processing and packaging system protects the product from microorganisms, air and light, which assures a long shelf life without refrigeration. The shelf life of UHT milk is 10 months (unopened) under normal storage condition. Weight and cube per case is approximately 16.4 pounds and 0.33 cubic feet, respectively.



Nutritional Data:

The nutritional values provided are:

- Whole White - 150 calories (30% Fat, 40% Carbohydrate, 30% Protein)
- Whole Chocolate - 230 calories (21% Fat, 58% Carbohydrate, 21% Protein)
- Reduced Fat Chocolate 2% milk fat - 170 calories (14% Fat, 64% Carbohydrate, 22% Protein)
- Reduced Fat Strawberry 2% milk fat - 170 calories (13% Fat, 66% Carbohydrate, 21% Protein)
- Reduced Fat White 2% milk fat - 120 calories (21% Fat, 46% Carbohydrate, 33% Protein).

Serving size is 1 cup (236 ml).

Purpose:

Pouch Bread is used as an optional enhancement for operational rations.

Characteristics:

There are two varieties of pouch bread. Both come packaged in trilaminate pouches with a desiccant packet (see photo). Split Top Bread, White, Fully Baked, is a new item expected to be available approximately one year from the date of this publication. Serving size is than 1.8 ounces per pouch; each shipping case contains 48 pouches. Shelf Stable Wheat Bread, Fully Baked is the same weight as the Split Top White. Weights and cubes per shipping case are approximately 10 pounds and 0.978 cubic feet, respectively. The breads are ready for consumption upon opening the pouch and have an expected shelf life of 18 months. They provide an additional 172 Kilocalories/1.8 oz. pouch (9% protein, 29% fat and 62% carbohydrates).

**Comments:**

The wheat bread variety will be acquired and available until the production contract expires.

Water, Drinking, Emergency and Water, Drinking, Sterile**Purpose:**

The items, packaged in commercially acceptable containers, are suitable for (1) optional military use, such as with operational rations, aboard aircraft and emergency life rafts and (2) use by Federal, State and local governments and other interested parties.

Characteristics:

Both items are commercially sterile water, ready for consumption, which is potable, colorless, odorless and hermetically sealed in the following two types of containers: (1) Water, Drinking, Emergency is packaged in 4 fluid ounce trilaminate disposable flexible pouches designed to provide a spout. Each intermediate box contains 24 pouches; there are 2 intermediate boxes per shipping carton; (2) Water, Drinking, Sterile is hermetically sealed in a 16.9 fluid ounce rigid plastic bottles with screw-on closures (caps). There are 24 bottles per shipping carton. Expected shelf life in both packages is 60 months (5 years).

Comments:

Finished products meet sterilization requirements of the U.S. Pharmacopoeia and are produced under commercial good manufacturing practices as regulated by the Food and Drug Administration (FDA) under the Food, Drug and Cosmetic Act. The pH range may be 6.0 – 8.0, maximum sodium content 160 mg/L and maximum chloride 250 ml/L.

**Emergency Drinking Water**

Purpose:

Health & Comfort Packs (HCP) provide forward area troops everyday necessities required for their health and comfort when the Post Exchange system or local stores are not available.

Characteristics:

The Type I HCP contains articles used by both males and females. It will supply 10 individuals for approximately 30 days. Each shipping container contains 10 prepackaged polyethylene bags with a drawstring closure containing a designed quantity of 14 items for issue to 10 individuals. Each shipping container also contains other items intended as general supply for replacement or issue as needed.

The Type II HCP is for females only and contains articles for feminine hygiene. It will supply 10 females for approximately 30 days. The contents of Type I and Type II HCPs are indicated in the accompanying photos. Expected shelf life of all components in Type I and Type II HCPs at the time of assembly is two years at 50 to 72° F.

The Type III HCP became available in March 2002. It consists of a personal body wipe packet, bulk packed with 44 packets per box. Each packet contains 10 washcloth-size body wipes. Contents of each box are intended for 10 individuals. Expected shelf life at time of assembly is two years at 50-72° F.

Comments:

The components listed here are the components that were procured on the last contract for this ration. Based on field surveys, changes may be made in future procurements. If changes are made, they are usually in size of a component or due to popularity of a new item, but the basic list of items generally remains the same. The photo, top right, displays the Type I assemblies on the top level and Type I supplemental items on the lower level. Lower right photo is the Type II components.



Package Contents:

TYPE I	TYPE I (Supplemental Items)	TYPE II (Female)	TYPE III (Male & Female)
Toothbrush Toothpaste Floss, dental Razor, shaving, Razor, shaving, double blade, disposable, 10 pack Shave foam Soap, bar Foot powder Tissues, 2 pack, 15 count each Shampoo Deodorant, stick Lip Balm Personal hygiene body wipe, 2 packs, 8 count each Bag, plastic, self seal	Detergent, laundry Lotion, sunscreen Comb, hair, flexible rubber Bootlaces, black Sewing kit, military Fingernail clipper Tweezers, flat tip Finger nail file Band Aids Shoe brush Mirror Hand lotion Petroleum jelly Boot/shoe polish Shave powder	Napkins, sanitary, regular (48) Napkins, sanitary, super (72) Tampons, regular (60) Tampons, super (84) Panty shields (200) Bag, plastic, self seal, 1 gallon (20) Disposal bag, 3x7 (150) Bag, plastic, (10) Ponytail holders (10) Brush, hair, grooming (1) Comb, plastic (2) Bobby pins (50) Personal Hygiene Body Wipes (10)	Body Wipes



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